

Our Best Recipes

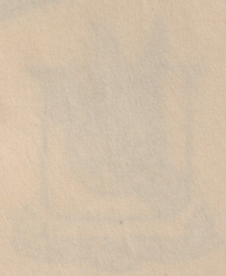


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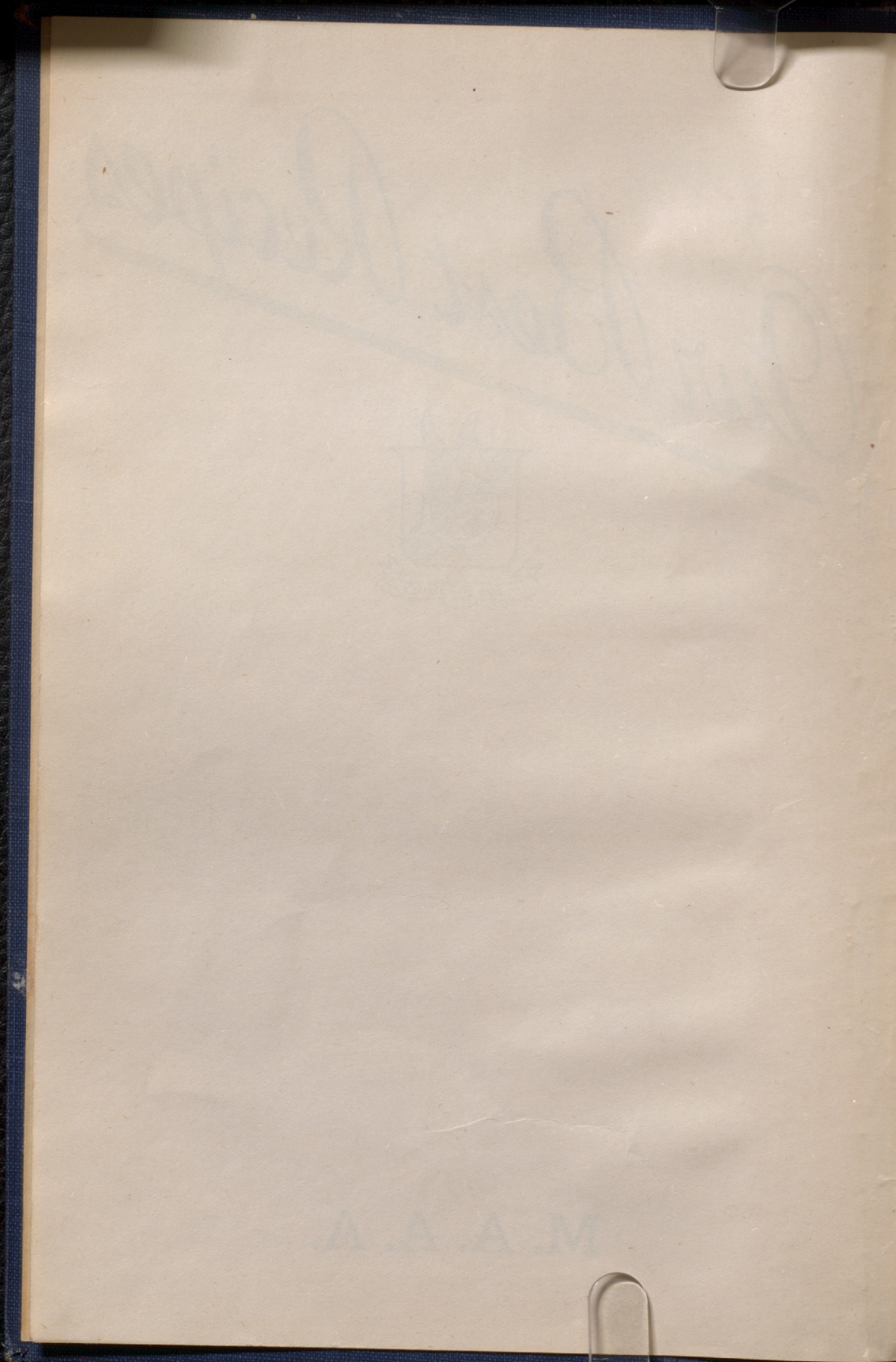
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Our Best Recipes



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Our Best Recipes



IN compiling this little souvenir Cook Book for our Carnival I have tried to make a selection of favorite and successful recipes used by Montreal home makers and I want to thank all those M. A. A. A. members and friends who have so generously sent in their contributions and the members of my committee who have assisted me by their loyal co-operation and support.

Gladys Earle Morrison,
Convenor.

"Cookery Corner"
M. A. A. Carnival, April 15-16-17-18
1925

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DIETS

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REDUCING DIET

□

7 A.M. Arise and drink a glass of water.

7.15 A.M. . . Exercise—light calisthenics, 15 to 30 minutes.

Breakfast. . . Eggs, one or two, two pieces of toast, lightly buttered, cup of tea or coffee (without sugar), one piece of fruit.

11 A.M. Glass of water.

Noon. Steak or chop or roast beef or other plain meat, stale bread and butter or toast (not hot), vegetable, fruit or cup of tea (without sugar), may also take salad made with lemon, but omit oil.

4.30 P.M. . . . Glass of water.

Dinner. Cup of bouillon, meat, vegetable, one piece of toast, stale bread or crackers, fruit or tea.

EAT slowly, and at regular intervals, and only three times a day. May eat one piece of bread and butter or small glass of milk at 3.30 p.m. Drink only limited quantities with meals, one hour before each meal drink a glass of water. Have food prepared plain omitting sauces, gravies. Masticate food thoroughly. Eat roasted, baked, steamed, broiled or boiled meats. Avoid mixtures, such as hot followed by cold or sweet and sour. Avoid all made dishes—stews, sauces, gravies.

Meats and Fish

MAY EAT

BROILED, boiled, baked, roasted or steamed, steaks, chicken, roast beef, lamb and mutton chops, game, sweet breads, brains, broiled tripe, turkey, fish with white flesh, raw oysters.

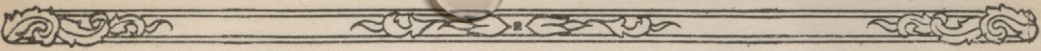
AVOID

FRIED foods, salt, preserved, canned and spiced meats, and fish, tongue, goose, duck, lamb, (except chops), kidneys, stews, sardines, mackerel, salmon, shell-fish.

Vegetables

GREEN vegetables and such as grow above the ground, spinach, peas, lettuce, celery, tomatoes, string beans, carrots, artichokes, asparagus, cress, cabbage, cauliflower.

STARCHY vegetables and such as grow underground, potatoes, beets, turnips, corn, dry beans, onions, garlic, rhubarb.



Fruits

FRESH fruit, apple, pear, peach, cherries, orange, melon, lemon, plums, grapefruit, apricots in moderation. Stewed and sweetened fruits, berries, figs, bananas, jams, jellies, raisins.

Beverages

Water, mineral water, coffee, tea. ALCOHOLIC and malt drinks, iced, acid, and sweetened drinks, milk, cocoa, chocolate.

Sundries

Stale bread, toast, butter (all in moderation), salads, made with lemon (not oil), eggs not fried, a little soup or bouillon, meat gravy (unthickened), cottage cheese. FRESH bread, cake, pastry, pies, ices, confectionery, sweets, spices, gravies, sauces, ketchup and mustard, thick cream soups, nuts, cereals, hot rolls or biscuits, muffins, waffles, hot cakes, syrups, cheese.

DIET FOR ATHLETES

THE question of diet for athletes has been a subject of controversy for many years. No two schools will agree on the proper regime to follow.

It is, of course, necessary that every athlete should have a thorough examination prior to participating in competitive sports.

My experience is that it is impossible to lay down any hard and fast rules for an athlete to follow. Each individual candidate who has proven himself physically fit should be regarded as a separate unit. He should not be compelled to subsist on a diet that is not consistent with his usual regime, because it has been established that the average person has certain idiosyncracies in connection with his food, and what proves beneficial to one might be disastrous to another.

ANOTHER factor to be considered is the emotional disturbance brought on by strenuous physical exertion. Physiologists have proven by experiments that the actual fatigue is due to nervous exhaustion and not to muscle fatigue. It is essential, therefore, that all of these factors be taken into consideration before prescribing a diet for athletes to follow.

My advice is to deviate as little as possible from the diet one has been accustomed to, eliminating only those articles of food which have been condemned by the authorities, such as all forms of pastry, candies, potatoes, etc.

A very simple diet is as follows:

Rising	Two glasses of cold water.
Breakfast	Orange juice, cereal, bacon and eggs, toast, glass of milk.
Lunch	Vegetable soup, fish, salad of lettuce and tomatoes with a little olive oil, stewed fruit, graham or wheat bread, glass of milk or cup of weak tea.
Dinner	Meat or chicken, two kinds of vegetables well boiled, such as carrots, turnips, spinach, etc., stewed fruit or ice cream.

WHEN possible, it is better to have dinner at mid-day. Meals should be taken at regular hours, and no exercise until two hours have elapsed. ONE should retire not later than ten o'clock.

A. A. MACKAY, M.D.

TABLES & MEASURES

ALL measures are level. Flour, powdered sugar and soda should be sifted before measuring.

TABLE OF MEASURE

4 saltspoons	1 teaspoon
3 teaspoons	1 tablespoon
16 tablespoons	1 cup
2 gills	1 cup
1 wine glass	$\frac{1}{2}$ gill
2 tablespoons butter	1 ounce
2 tablespoons granulated sugar	1 ounce
4 cups sifted pastry flour	1 pound
$3\frac{1}{4}$ cups sifted bread flour	1 pound
3 tablespoons sifted flour	1 ounce
2 cups granulated sugar	1 pound
2 cups butter	1 pound
10 eggs average size	1 pound

TABLE OF PROPORTIONS

1 quart of flour requires	1 1-3 cups butter or lard or butter and lard mixed for pastry.
1 quart of flour requires	4 tablespoons butter for biscuits
1 quart flour requires	1 level teaspoon salt
1 quart flour requires	4 teaspoons baking powder
1 teaspoon soda to	1 pint sour milk
1 teaspoon soda to	1 cup of molasses

TIME FOR BAKING

Loaf Bread	45 to 60 minutes
Rolls and Biscuits	10-20 minutes
Cookies	10-15 minutes
Fruit Cake	2-3 hours
Sponge Cake	45-60 minutes
Ginger Bread	20-30 minutes
Plain Cake	30-40 minutes
Rice and Tapioca	1 hour
Custards	15-20 minutes
Pies	30-45 minutes

TIME FOR VEGETABLES

Asparagus	15 to 25 minutes
String Beans	1 to 2 hours
Beets	1 to 3 hours
Corn	20 minutes
Cabbage	30 to 60 minutes
Cauliflower	30 minutes
Carrots	45 to 60 minutes
Peas, Green	15 to 30 minutes
Potatoes, boiled	20 to 30 minutes
Potatoes, baked	1 hour
Sweet Potatoes, baked	45 minutes
Squash	1 hour
Turnips	1 to 2 hours

TIME FOR BROILING

Steak, 1½ inches thick	10-15 minutes
Chops, Lamb	15-20 minutes
Fish	15-30 minutes
Chicken	20-30 minutes

TIME FOR MEATS

Beef, per pound	10-15 minutes
Lamb, per pound	15 minutes
Veal, per pound	20 minutes
Pork, per pound	25-30 minutes
Corned Beef per pound	25-30 minutes
Ham, per pound, after water be- gins to boil	15-20 minutes
Chickens, 3-4 pounds	1-2 hours
Turkey, 10 pounds	3 hours
Goose, 8 pounds	2 hours
Duck, tame	1 hour
Duck, wild	30-45 minutes
Venison, per pound	10 minutes

SOUPS

SOUPS should be an important factor in the dietary of every household. Clear soups are used as stimulants to flagging appetites and are easily assimilated for food. Cream soups are most nutritious. Soups are grouped in two classes: Soups made with meat and soups made without meat. Soups made with meat are classified as follows: bouillon, consomme and brown soup stock. Soups made without meat are cream soups, puree and bisque.

TO CLEAR SOUPS

ALLOW the white and shell of one egg for each quart of stock. Break egg separate and beat white slightly, break shell in small pieces and add to the stock. Set over the fire, boil two minutes, let simmer twenty minutes and strain through double thickness of cheesecloth placed over a fine sieve.

THICKENING SOUPS

SOUPS are thickened with flour or cornstarch mixed with a little cold water until it is a smooth paste. Then add more liquid until it can be poured easily into the hot soup. Cook soup fifteen or twenty minutes after thickening is added.

WATER in which vegetables have been cooked is rich in mineral salts and should be used for soup.

SEASONINGS

ONE should always keep a supply of what is essential for the seasoning of soup. Thyme, savory, marjoram, parsley, celery roots or dried celery leaves may be kept in airtight cans. Spices, including cloves, whole pepper, stick cinnamon and nutmeg should always be kept on hand, also bayleaf and mace.

FLOUR, cornstarch, tapioca, sago, pearl barley, rice or eggs are added to give consistency and nourishment.

MEAT SOUPS

PLAIN BROWN SOUP STOCK

6 lbs. shin of beef
4 quarts cold water
Carrots, }
Onion, } $\frac{1}{2}$ cup
Turnip, } of each
Celery, } diced

One-half bayleaf
6 pepper corns
6 cloves
2 sprigs parsley
1 tablespoon salt

ADD salt and water to meat, and let stand one hour at least. Heat slowly to boiling point. Reduce heat and simmer for four or five hours. Add vegetables and seasonings last hour of cooking. Strain and cool. A cake of fat forms on stock. To remove this run a knife around edge of kettle and lift off the fat. This may be saved for dripping.

BOUILLON

- | | |
|---------------------|-------------------|
| 3 lb. lean beef | 1 sprig parsley |
| 3 quarts cold water | 1 bay leaf |
| 1 onion | 2 whole cloves |
| 1 carrot | 6 pepper corns |
| 2 stalks celery | 1 tablespoon salt |

PLACE meat in kettle with cold water for one hour. Bring slowly to boiling point and simmer for two hours, taking off any scum that arises. Add vegetables and seasoning and simmer three hours more.

Strain and cool without covering. Remove fat and season with salt and pepper if necessary. Put in kettle with $\frac{1}{2}$ pound lean meat chopped fine and white of an egg. Stir until it boils for five minutes. Lay a fine cloth on a sieve and strain through it the bouillon without pressing. It should be quite clear and amber color. Serve either hot or cold in bouillon cups.

MRS. BUCKHAM.

CONSOMME

- | | |
|--------------------------------|-------------------|
| 3 pounds of beef | 1 tablespoon salt |
| 1 lb. marrowbone | 6 pepper corns |
| 3 lb. knuckle of veal | 6 cloves |
| 3 quarts of water | 2 sprigs thyme |
| Carrot, } $\frac{1}{4}$ cup of | 2 sprigs parsley |
| Turnip, } each, cut | 1 bayleaf |
| Celery, } in dice | |
| Onion, } | |

CUT beef in small pieces and brown one-half of this in fat from marrowbone. Put remaining one-half in kettle with cold water and salt, add veal cut in pieces, browned meat and bones. Let stand one hour.

Heat slowly to boiling point, let simmer six hours, remove scum, scald the vegetables and add with seasonings the last hour of cooking.

Strain, cool quickly, remove fat and clear. Serve either hot or cold.

CONSOMME RICHELIEU

HAVE the stock of beef bones, cut into it, carrots, turnips, onions, celery, leeks, thyme, bay leaves and a few cloves.

TAKE about one pound of shin of beef of which all fat is taken out, mince it very finely and add to it the whites of 4 eggs mixed thoroughly and pour the stock into it. Bring it to the boil slowly and let it boil for a couple of hours, then strain through a fine cloth.

CANADIAN PACIFIC RAILWAY.

CLEAR SOUP

4 lbs. beef shank with marrow-bone preferred. Cut meat into small pieces and put on to boil with cold water. Boil hard for 10 minutes then add carrots, onions, celery etc. Cut up roughly, a few pepper corns and cloves. Simmer gently for 4 hours then strain, add dessert-spoonful sugar and flavour with sherry. Serve hot with slice of lemon or cold in cups. Second boiling of stock can be used for other soups.

MRS. PHILIP HOLLAND.

OXTAIL SOUP

Cut two oxtails at the joints, put in the soup kettle with two quarts of water, 2 or 3 carrots, 2 onions, a few stalks of celery and sprigs of parsley. Let all boil till oxtails are tender, remove meat and strain and press through colander. Season with salt and pepper and a little Worcester sauce, thicken with browned flour. Put back oxtail and serve a piece in each plate. Just before serving add a $\frac{1}{2}$ wineglass of Port wine.

CIS KING.

GIBLET SOUP

Cut the wings, neck, liver, gizzard and heart of a chicken into half inch pieces. Cut into small dice pieces, one peeled carrot, one peeled turnip, one white onion, two leeks, and two branches of celery. Beat one and a half tablespoons melted butter in a soup pot, add meat and vegetables, and let gently brown for fifteen minutes, frequently stirring. Meanwhile moisten with three quarts of chicken broth and half a pint of peeled tomatoes cut in small square pieces. Season with a tablespoon salt, half teaspoon pepper, and two tablespoons Worcester'shire sauce. Tie in a bunch four branches parsley, two bunches chives, one clove garlic, one bay leaf, one clove and a sprig of thyme, and add to the pan. Let slowly cook for one hour, add three ozs. raw rice, and let slowly boil again for another hour. Remove herbs, pour the soup in a tureen and serve.

A. E. J. MILTON,
Steward, University Club.

THICK VEGETABLE SOUP

1 quart brown soup stock
1 quart boiling water
Turnip }
Carrot } $\frac{1}{2}$ cup each,
Onion } diced

Celery, }
Cabbage } 1 cup each,
Potatoes } diced
Tomato }

$\frac{1}{4}$ cup pearl barley soaked over night, few grains pepper, 1 teaspoon salt.

Scald turnip, onions, carrots and cabbage in 1 quart boiling water.

Cook for thirty minutes. Add 1 quart brown soup stock, potatoes, celery, tomato, barley and more salt if needed. Let simmer until vegetables and barley are cooked.

TOMATO SOUP WITH STOCK

6 tomatoes or 1 quart canned
tomatoes
1 onion
2 cloves
6 peppercorns

Bit of celery root or
 $\frac{1}{2}$ teaspoon celery seed
1 tablespoon flour
1 tablespoon butter
for every quart of soup

TAKE trimmings and bones from roast beef or any other scraps of meat or bone. Put in kettle and cover with cold water, twice as much water as meat. Add seasonings and cook for four hours. Add tomatoes and cook $\frac{1}{2}$ hour. Skim out bones and meat and strain liquor through a puree strainer, rubbing all tomato pulp through. Heat and thicken with flour cooked in the butter.

WHITE STOCK

(From Veal)

6 lbs. knuckle of veal
4 quarts cold water
1 tablespoon salt
6 peppercorns

Celery root or $\frac{1}{2}$
Teaspoon celery seed
1 onion

WIPE veal, cut meat fine and break the bones. Put in kettle with cold water and salt. Skim as it boils and when clear add seasonings.

Simmer until bones are clean and the liquor reduced one-half. Strain and when cool remove fat. Use it for white or delicate soups.

VELVET SOUP

1 quart of white stock, $\frac{1}{2}$ cup cream. Season to taste and pour boiling hot over the beaten yolks of four eggs, diluted with $\frac{1}{2}$ cup cream.

Re-heat and serve at once in bouillon cups.

BLACK BEAN SOUP

TAKE 1 pint of black beans and put them to boil after washing, with 2 quarts of water, an onion, 2 carrots, small spoonful whole black pepper (or five or six cloves), a small bit of bacon or a few shreds of ham, a good bone of roast beef or even mutton. Let all boil till quite tender, perhaps two hours, then turn all into a colander and take out the bones and rub all the rest through a colander with a wooden spoon. If this be too thick add some stock, or even water. Serve with half pint of Sherry wine and a few slices of lemon. Force meat balls may be added.

MRS. W. O. H. DODDS.

CREAM SOUPS

CREAM SOUP FOUNDATION

1 quart milk	1 teaspoon salt
1 tablespoon butter	1 saltspoon white pepper
1 tablespoon flour	1 speck cayenne
1 tablespoon chopped onion	

SCALD milk with onion. Melt butter, add flour and cook until frothy, but do not let brown, add milk slowly and cook until thickened. Add seasonings and return to double boiler. It is now ready to finish in any way.

CREAM OF TOMATO SOUP

½ can tomatoes	⅛ teaspoon soda
or 6 whole tomatoes	½ teaspoon sugar

COOK tomato with sugar fifteen minutes, add soda. Rub through puree strainer and combine with above immediately before serving. SPINACH, green peas, onion, cauliflower or any desired vegetable can be used for soup in the same way as above, using the cooked vegetables for the table and the vegetable water for soup or a puree is made by rubbing all the vegetable through a wire strainer and using the pulp with the water and foundation for cream soup.

A tablespoon of whipped cream sprinkled with paprika makes an attractive addition to all cream soups. Also croutons.

CREAM OF CELERY

ADD one pint stewed and strained celery to the rule for foundation above and strain slowly the combined mixture over a well-beaten egg, stirring well. Add ½ cup finely chopped celery and croutons before sending to table.

CREAM OF ONION SOUP

6 medium-sized onions	Pepper and salt to taste
1 qt. milk	1 tablespoon flour
2 tablespoons butter	

BOIL onions in water until tender. Bring milk to boiling point. Add onions and water they have been boiled in, to milk. Add flour. Bring to boil and puree through strainer. Add butter and seasoning.

COOK, MEDICAL ARTS HOSPITAL.

ASPARAGUS SOUP

2 small bunches of asparagus. Cover with hot water, boil till tender, then remove asparagus and add to the water 1 pint of hot milk, thickened with 3 tablespoonfuls of butter and three tablespoonfuls of flour. Salt and pepper to taste, add the tips of asparagus, and serve with croûtons or a tablespoon of whipped cream sprinkled, with paprika in each plate.

C. C. KING.

SOUP CRECY

SAVE the water in which cabbage, cauliflower or brussel sprouts have been boiled and into 1 quart of this stock grate 2 carrots well washed and scraped. Let it simmer one hour, then add 1 teaspoon grated onion, a level teaspoon of salt, 1 salt spoon of pepper and one tablespoon of butter and flour rubbed together. Bring to boiling point, then add one pint of milk. Heat and serve at once.

GRACE ROBERTSON.

POTAGE ISABELLE

SLICE the white of two good sized leeks. Let it simmer in a pan with two ounces of sweet butter for five minutes, then add six large potatoes cut in quarters, half-gallon of water, salt. When cooked, strain the soup, put it back in the pan adding one pint of boiled milk, a handful of fresh spinach shredded, and three spoonfuls of French tapioca. After boiling for ten minutes, bind with a yolk of egg, a little cream, and one ounce of sweet butter.

SERVE in the soup tureen,

A. GOIS,
Chef de Cuisine, Windsor Hotel.

POTAGE PARISIEN

TAKE white part of leeks, cut very fine, cook in pan with 2 ozs. butter for three or four minutes without colouring. Add one quart of water and two large potatoes also cut very fine, season with salt and pepper, let cook for 25 minutes. Just before serving add yolks of two eggs and three spoons full of cream. Let come to a boiling point, stirring slowly. Add a small piece of fresh butter and serve very hot.

MARCEL THOMAS.
Chef de Cuisine, Mount Royal Hotel.

MUSHROOM SOUP

$\frac{1}{4}$ lb. mushrooms peeled and boiled in cup of stock or milk for 12 minutes then take out mushrooms and chop very fine. Have pint of milk and stock (Chicken is best) mixed and add the chopped mushrooms. Take skins and stalks and boil in cup of water for 15 minutes and strain and add butter, put all in double boiler and keep to a boil for twenty minutes and if a heavy soup is desired, add flour.

MRS. JOHN McLEAN.

HABITANT PEA SOUP

ONE lb. dried peas, one carrot, one onion, one small turnip, two leeks, one stalk of celery and $\frac{1}{2}$ lb. pickle pork. Soak peas for a few hours, cut vegetables in small slices. Put peas on fire with about three pints water. Fry vegetables in little butter, drop vegetables and pork in with peas. When cooked cut pork in small dice. Serve very hot.

JEAN DURANTON,
Chef St. James Club.

PEA SOUP

(Canada's Second Name)

COVER 2 cups of split peas with 1 quart water, and let soak over night. Add 1 large onion and boil until quite soft enough to rub through colander. Add enough milk to make consistency required and a generous lump of butter. Salt to taste.

BEAN soup made the same way.

MRS. F. N. LEARMONTH.

FRENCH PEA SOUP

1 lb. lean salt pork	$\frac{1}{4}$ teaspoon soda
2 cups peas (soaked over night)	Pepper and salt to taste
1 dessertspoon chopped parsley	3 quarts or more cold water
1 onion (medium)	

Cook slowly till peas are tender. Strain (if desired), and serve with croutons.

A. McL. MURRAY,
Director M.A.A.A.

CANNED TOMATO SOUP

14 quarts tomato sliced and cut up	14 tablespoons butter
14 stalks celery	14 tablespoons flour
14 stalks parsley	8 tablespoons salt
14 bay leaves	16 tablespoons sugar
20 whole cloves	1 teaspoon paprica
	7 medium sized onions sliced

BOIL tomatoes, celery, onions and seasonings until soft, then strain through a fine wire sieve. Melt the butter, add the flour and gradually some of the hot liquid until smooth. Pour all into the kettle stirring constantly and cook until thick, then boil for twenty minutes, always stirring and can, hot, in glass jars.

THIS will make fifteen pints.

MRS. JOHN C. CRAWFORD

CROUTONS

CUT one-third inch slices of stale buttered bread, from which crusts have been removed, into cubes and brown in oven or fry small cubes of bread in butter in frying pan until nicely browned.

FISH

FISH is an important part of our food supply. It makes an agreeable change and is easily digested. White fleshed fish is more easily digested than the red fleshed. A fish is in good condition when the eyes are bright, scales shiny, the flesh firm and free from a disagreeable odor.

To clean a fish—Remove the scales by scraping with a dull knife from the tail toward the head. Fish are split halfway down the belly and the inside scraped out. Wash with salt and water and wipe with a dry clean cloth.

TO BOIL FISH

WRAP fish in a piece of cheesecloth and place in a kettle half filled with boiling water. Cook slowly allowing fifteen minutes to the pound. The water in which the fish cooks should have salt and vinegar added, two teaspoons of salt and one of vinegar to a quart of water. The salt gives flavor and the vinegar retains the color. Take fish from the water and remove cheesecloth. Place on hot platter, being careful to drain off any excess water. Garnish with parsley and lemon or cover with any desired sauce.

BAKED FISH

CLEAN, wipe and dry the fish, rub with salt inside and out. Stuff and sew up and rub over with butter. Put the fish on a greased cotton cloth in a baking pan by which it may be lifted from the pan. Cut gashes in sides of fish and insert narrow strips of fat salt pork. Bake in rather hot oven about an hour, basting frequently with hot water and butter. Remove to a hot platter, wipe away all water or fat and remove pieces of pork. Garnish with parsley or watercress and serve with hollandaise sauce.

DRESSING

MIX one cup cracker crumbs, one-third cup of melted butter and one teaspoon each of chopped onion, parsley, capers and pickles, season with salt and pepper and moisten slightly with warm water.

BAKED HALIBUT

TAKE two slices from the middle of a halibut, remove skin and bone, each slice making four fillets. Put the eight fillets in a platter, season with salt and pepper and the juice of one lemon, slice over them one Spanish onion, cover with another platter and leave two hours. Boil the skin and bones from the fish with a half bay leaf, salt and pepper and a sprig of parsley in two cups of water. Reduce to one-half cup and strain. Butter a baking dish, lay in the fillets of halibut, add to fish stock one-half cup of cream and one-quarter cup of sherry. Pour over the fish and bake half an hour in hot oven.

BAKED HALIBUT

1 lb. sliced halibut ½ onion, salt, pepper melted but-
¾ cup canned tomatoes ter
½ teaspoon powdered sugar ⅓ cup cream

WASH halibut and dress thoroughly, remove skin, place in baking dish, sprinkle with salt and pepper and brush over with melted butter. DRAIN tomatoes and add sugar. Spread over fish then cover with onions thinly sliced.

BAKE 20 minutes then pour over cream and bake 10 minutes longer. REMOVE onions and serve at once from dish in which it was cooked.

MRS. CHARLES A. SMART.

DARNE OF SALMON

1 onion, minced ½ teaspoon salt
2 carrots, minced 3 tablespoons butter
2 tablespoons minced parsley 1 pint claret
1 tablespoon pepper corns 1 pint thin broth

TAKE middle cut of fresh Gaspe salmon, about three pounds. Lay in a stew pan on the vegetables, dredge with the salt and pour over this the claret and broth. Dot with butter and cover with buttered paper. Bring quickly to a boil and simmer very gently for one hour. Place on hot platter, remove the skin and serve with a Hollandaise sauce.

FILET OF ENGLISH SOLE "PRINCE OF WALES"

Served to His R. H. the Prince of Wales on his first visit to Canada, at the Ritz Carlton Hotel, 27th October, 1919

Cut filet of sole in thin strips, and fresh salmon about one half inch wide. Roll them together, about three inches wide, tread lightly, and broil.

HAVE some slices of egg plant broiled, dress on a round dish, put filet of Sole on top with a broiled mushroom on it, and serve a Venetian Sauce separate.

C. H. SCHNEIDER,
Chef, Ritz Carlton Hotel.

FILLETS OF SOLE MENAGERE

CHOP two shallots with three ounces of fresh mushrooms, spread it over on a shallow dish, well buttered, and deposit the filets on top. Cover them with same quantity of minced mushrooms as before, a little chopped parsley, season with salt and pepper, three spoonfuls of white wine, two of water, a sprinkle of lemon, three ounces of sweet butter cut in small portions. Bake slowly in oven for fifteen minutes, basting the fish several times.

A. GOIS,
Chef de Cuisine, Windsor Hotel.

FILET OF SOLE, DIEPPOISE

SOLE to be boned, skinned and trimmed doubled over, sprinkled with salt and placed on flat dish, spiced over chopped onions, parsley, butter and white wine. Cover with greased paper and bake in oven about 15 minutes. When cooked strain liquor off dish into small sauce pan, make a white sauce with butter and flour and fish liquor thick enough to mask fish and mix into it shrimps, mushroom tops and mussels, enrich sauce with cream and yolks of eggs.

CANADIAN PACIFIC RAILWAY.

FILET OF SOLE OR TROUT AU GRATIN

CLEAN and wash the fish, take off the filets, cut it in three parts. Finely chop a white onion, three branches of parsley, and sprinkle half of it over a buttered baking dish. Arrange the fish on this dish, pour over a glassful of Sherry Wine, and the balance of the chopped parsley and onion. Season with a half-teaspoon salt and half-teaspoon paprika, sprinkle three tablespoons bread crumbs, distribute two tablespoons butter in different places. Set in oven until clear brown—about twenty-five minutes.

HADDOCK

FILLETS of haddock or other fish covered with milk and dots of butter and baked in the oven for 20 minutes are much more digestible than when fried.

THEY can be served in the dish in which they were cooked.

MRS. JOHN SCOTT.

HADDOCK CHOWDER

2 pounds of filleted haddock, cut in large pieces and place in kettle. Fry out one cup of fat pork dices, when near brown add one onion chopped fine and fry with pork. Pour this over fish. Add one cup of cubed potatoes, which have been parboiled, add pepper and salt to taste and cook twenty minutes. Have ready in double boiler three pints of milk with a large piece of butter. Pour this all over fish. Serve with toasted pilot biscuits.

MRS. E. LITTLER.

HADDOCK MENIER

CUT haddock into filets, soak in milk for half an hour. Sprinkle with salt and flour, fry in butter. Sauce:—Half a cup of melted butter, juice of one lemon, half a teaspoon of Perisian essence.

MRS. HENRY JOSEPH.

FINNAN HADDIE

FOR four persons. Time required for cooking—15 minutes.

INGREDIENTS: 1 good sized Finnan haddie, $\frac{1}{4}$ lb. fresh butter, $\frac{1}{4}$ teaspoon fresh ground black pepper.

PREPARATION: Take the Finnan haddie and trim off tail and fins, wipe with moist cloth, and cut in four or five pieces. Place in baking pan, cover with warm water and put on fire, until the water comes to a boil, drain off the water and place lump of fresh butter on each piece of fish, season with pepper and place in oven to bake, for a few minutes. D. R.

MASKED FISH

SELECT firm middle cut from large fish, clean carefully and boil in water to which has been added a cupful of white wine, a slice each of onion and lemon, a few cloves, bit of parsley, mace and bay leaf, also salt and pepper. When done remove kettle to a cool place and let the fish remain in the liquor until cold. When ready to serve, drain the fish on a napkin and place on the serving dish. Cover with thick layer of mayonnaise dressing and garnish the dish with curly parsley, quarters of hard-cooked egg, slices of lemon and a few choice shrimps. Sprinkle the whole with capers and serve very cold.

PICKELED HERRINGS

TAKE fresh salt water herrings, clean, removing heads, tails and fins, also back bone. This can be done by pressing the thumb between the bone and the flesh. Prepare seasonings as follows: 3 tablespoons salt, 1 teaspoon each of white pepper and paprika, grate of nutmeg, dash of red pepper, mix this well together, then sprinkle each fish on the inside with the seasoning and roll up each one separately, beginning at the tail end. As done place each roll side by side in a granite baking dish, when the bottom of the dish is covered place fish reverse way for the second row. Add 2 or 3 whole cloves if desired and the same number of small pieces of salt-petre. This dissolves any bones remaining, cover with malt vinegar, tie a piece of thick brown wrapping paper over the dish and bake in moderate oven about 2 hours, when cold, remove paper and serve in dish in which they are baked. Very good for lunch. Fillets of larger fish may be treated in the same way.

MISS BICKLEY.

LOBSTER

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LOBSTER A LA NEWBURG

2 tablespoons of butter, 2 tablespoons of boiling water, 1 tablespoon of flour, 1 medium lobster or 1 can, 1 pint boiled milk, 3 eggs, yolks only, $\frac{1}{2}$ cup of sherry.

PLACE butter in dish, stir it and as it foams, rub the flour smooth into it, then add the water, a little salt, and as much cayenne pepper as liked, then half of the milk, stirring all the time and being careful that the flame is not too hot. Beat the yolks of the eggs until frothy, add remainder of the milk and stir all into the chafing dish. Cut the lobster into medium pieces, pour the sherry over it and put it into the sauce and thoroughly heat. Then serve.

MRS. W. O. H. DODDS.

LOBSTER A LA NEWBURGH

CRACK two lobsters, pick out the meat and cut into $\frac{1}{2}$ inch pieces. Heat two tablespoons butter in a frying pan, add lobster, season with salt and pepper, let cook five minutes tossing occasionally. Add three tablespoons sherry wine and one of brandy and stir for a minute. Add one-half cup cream beaten with the yolks of two eggs. Mix for two minutes and take quickly from fire and serve at once.

J. B. O'BRIEN,
Director, M.A.A.A.

LOBSTER NEWBURG

2 lobsters	$\frac{1}{2}$ wine glass of Sherry
$\frac{1}{2}$ cup of butter.	$\frac{1}{3}$ wine glass of brandy
$\frac{1}{2}$ teaspoon salt, a dash of red pepper and nutmeg	

BOIL four minutes. Beat yolks of two eggs. Whip $\frac{1}{2}$ pint of cream. Put eggs into cream and add to the rest and boil all together for two minutes.

MRS. E. S. HAMILTON.

LOBSTER BEAUGENCY

BOIL a medium size lobster for 20 minutes, cool it off, split it in two. Remove flesh from shells and cut it in dice. Fry in butter add a glass sherry and boil down, add two tablespoons full of cream sauce and $\frac{1}{2}$ pint of cream, let it boil slowly for about 10 minutes; in the meantime have two yolks of eggs, few spoons full of cream, an ounce butter; mix slowly with the lobster and season to taste. Fill shells with the preparation and bake in oven.

KERHULU & ODAU.

LOBSTER BEAUGENCY

GET one medium-sized lobster, cut in two. Add the flesh of one more lobster cut in dice (not too small), put in saute pan with little butter; when hot add grated Parmesan cheese and truffles, a little cream sauce and cream. Let boil a few minutes then fill up shell and bake in oven.

JEAN DURANTHON,
Chef, St. James Club.

LOBSTER THERMIDOR

HAVE a good sized lobster, say about one pound, and take out the meat. Dice and scallop it with devilled sauce and bearnaise sauce mixed. Put meat back in shell cover with grated cheese, finish quickly in oven and serve whole.

A. E. J. MILTON,
Steward, University Club.

LOBSTER PATTIES

Minced lobster
4 tablespoonsful of bechamel
6 drops of Anchovy Sauce

Lemon juice
Cayenne to taste

LINE the patty pans with puff paste, and put into each a small piece of bread, cover with paste, brush over with egg, and bake of a light colour. Take as much lobster as is required, mince the meat very fine, and add the above ingredients, stir it over the fire for five minutes, remove the lids of the patty cases, take out the bread, fill with the mixture, and replace the covers.

TIME—about five minutes after the patty cases are made.

CHEF, Mount Royal Club.

LOBSTER PATTIE FILLING

MELT 1 tablespoon butter in saucepan, and stir in 1 tablespoon flour, add gradually 1 cup milk. Boil few minutes, and season with salt, pepper, and cayenne. Add yolk 1 egg and cook lightly. Then add 1 cup chopped lobster, and $\frac{1}{2}$ cup finely cut cooked celery. Fill patties. Serve hot.

MRS. G. R. BUCKHAM.

BISQUE A L'HOMARD (Cream of Lobster)

PREPARATION, make Roux of chopped onions, sliced carrots (Thyme, bay leaves and cloves in cloth bag) butter and flour, have fresh live lobster cut in slices and put in roux over red fire add to it good white stock, made of chicken bones and boil slowly for one hour. Pass through fine sieve and add cream and butter until it assumes thickness of whipping cream.

CANADIAN PACIFIC RAILWAY

SAVOURY CREAM

ONE small lobster and 1 tablespoon of mayonnaise sauce
 $\frac{1}{2}$ pint of cream $\frac{1}{2}$ oz. gelatine
1 gill of aspic jelly 1 gill tomato juice

DECORATE a lobster mould with parsley and small piece of lobster and set them with jelly. Melt gelatine in tomato juice, whip cream and aspic and mix them together, add mayonnaise and lobster. Fill your mould with this mixture and allow it to set. Garnish with salad leaves dipped in mayonnaise and chopped aspic jelly around your mould. Serve very cold.

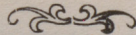
MISS HARRIET KANE.

DEVILLED CRAB MEAT

1 cup chopped crab meat	Yolks of 2 eggs
$\frac{1}{4}$ cup finely chopped mushrooms	2 tablespoons Sherry wine
2 tablespoons butter	1 teaspoon finely chopped parsley
2 tablespoons flour	Salt and pepper to taste
$\frac{2}{3}$ cup white stock	

MAKE a sauce of butter, flour and stock. Add yolks of eggs, seasonings, (except parsley), crab meat and mushrooms. Cook 3 minutes, add parsley and cool. Put mixture on shells or in ramekins, sprinkle with stale bread crumbs mixed with a little butter (melted). Bake until crumbs are brown. Serve hot.

MADAME EUGENE RICHARD.



OYSTERS

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OYSTER STEW

PLACE three dozen large oysters, well selected and free from shell, in a sauce pan with their own liquor and a glass of sherry wine. Cook until the edges curl and they are firm. Skim out the oysters and place them in a hot tureen. Add one quart of milk to the liquor in the saucepan.

BEAT in a bowl the yolks of three eggs and when milk is hot stir these in with two tablespoons of butter and salt and pepper. Pour over the oysters in tureen and serve immediately.

OYSTER SOUP (Stew)

1 quart milk
1 pint oysters
4 tablespoons of butter

Salt and pepper to taste
A little grated nutmeg or mace
3 tablespoons of flour

MIX flour and butter together. Add milk and strained oyster liquor. Boil till thick, add seasonings, then the oysters. Cook till edges curl. Serve with a dash of paprika. The addition of a small cup of cream is a great improvement.

M. N. KING.

CLAM CHOWDER

12 clams, enough liquid to make a half pint of clams and juice. Cut into small dice one small onion, one small carrot, one small half cup of celery. To these add one-half cup of canned tomatoes, one pint of boiling water. Cook until vegetables are tender. Add chopped clams and strained clam juice. Make a white sauce of one tablespoon melted butter, one tablespoon of flour, adding gradually one half pint of milk, add this to clams and vegetable mixture. Pepper and salt to taste. Serve at once.

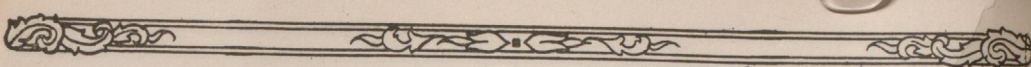
MRS. J. L. E. BRODHEAD.

BROILED OYSTERS

SELECT large, choice oysters and dip each one in buttered bread crumbs. Broil quickly on each side and serve with celery sauce or horse radish sauce.

DEVILED OYSTERS

DRAIN, clean and dry six large oysters. Mix to a smooth paste, $\frac{1}{4}$ teaspoon of mustard, $\frac{1}{8}$ teaspoon of pepper and salt, and the yolk of one egg. Mask the oysters with this, roll them in fine bread crumbs and broil, turning once to brown both sides.



FRIED OYSTERS

DRAIN, clean and dry oysters. Sprinkle lightly with salt and pepper. Dip in flour, egg and cracker crumbs and fry in deep fat. Drain on brown paper. Serve at once. Garnish with parsley and lemon.

SCALLOPED OYSTERS

WASH and drain one pint oysters. Season 1 cup bread crumbs and $\frac{1}{2}$ cup cracker crumbs and mix with $\frac{1}{2}$ cup melted butter. Place alternate layers of crumbs and oysters in baking dish. Moisten with oyster liquor or sherry or both and bake twenty-five to thirty minutes in a quick oven.

Two layers of oysters and three of crumbs are sufficient.

OYSTERS AU GRATIN

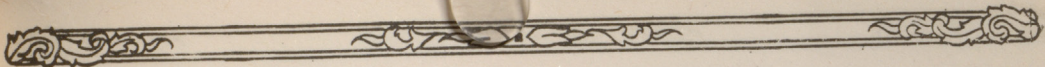
CUT thin slices of bread to fit the individual au gratin dishes or ramekins and toast lightly. Place in the dishes (heated), butter generously, add tiny shreds of onion, parsley and chili peppers. Cover closely with choice oysters, add bits of butter, salt and pepper and grill under the gas flame until edges curl. Serve at once with wedges of lemon and crisp celery.

OYSTER COCKTAIL

To one pint of tomato catsup add two tablespoons grated horse radish the juice of two large lemons, $\frac{1}{3}$ cup vinegar, $\frac{1}{4}$ teaspoon salt, a little paprika and a few drops of tabasco sauce. Mix thoroughly and chill before serving, using three tablespoonsful for each glass. Select small oysters, look them over carefully and just before serving drop six oysters in each glass.

MRS. ROBERT BENNET.





SCALLOPS

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SCALLOPS IN SHELL

1 pint scallops	1 cup drained liquor
2 tablespoons butter	4 tablespoons bread crumbs
1 tablespoon flour	1 slice onion
Yolks of three eggs	$\frac{1}{2}$ teaspoon salt
	Few grains cayenne

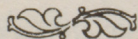
DRAIN the scallops. Put a tablespoon butter in saucepan and brown scallops lightly. Drain from the butter and chop fine. Brown the onion lightly in another tablespoon of butter, add the flour, cook together and stir in the scallop liquor. Mix the chopped scallops with bread crumbs and seasonings and add to the sauce. Beat the yolks lightly, add to the mixture and cook together three minutes. Fill the shells, sprinkle fine bread crumbs over the top—dot with butter and brown in hot oven for ten minutes. Or put in baking dish and finish same way.

FRIED SCALLOPS

RINSE scallops in salt water and dry. Dip in egg, roll in bread crumbs. Dust with salt and pepper and fry in deep fat. Drain on brown paper.

STEWED SCALLOPS

Rinse scallops in salt water and dry. Make a white sauce, add the scallops and cook ten minutes in double boiler. Serve on hot platter with toast points, garnished with parsley.



MEAT

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MEAT is the name given to the flesh of all animals used as food. It should be uniform in color, firm and elastic to the touch. Always remove meat from paper as soon as it comes from the market and keep in a cool place.

ROAST BEEF

A standing roast is one with the ribs left in. Rolled roast has bone removed, the meat rolled and tied.

WIPE meat and rub well with salt and pepper. Place in pan with piece of fat and put in hot oven for first fifteen minutes. Reduce heat and baste every fifteen minutes. Potatoes put around meat and basted with fat are delicious. Serve on same platter with meat. When meat is done, remove to platter, pour off any excess fat, leaving about four tablespoonsful. Add flour to thicken, rubbing it smooth and scraping glaze from bottom and sides of pan. Add water to make sufficient quantity, boil well, seasoning to taste and serve in gravy boat.

YORKSHIRE PUDDING

2 eggs

1 cup milk

1 cup flour

$\frac{1}{2}$ teaspoon salt

BEAT eggs well, add milk and gradually flour sifted with salt.

POUR fat from roast beef into separate pan. Add batter about $\frac{1}{2}$ inch deep. Bake about thirty or forty minutes, basting with dripping from beef after well risen. Cut in squares for serving or bake in well greased iron gem pans, twenty-five minutes.

BROILED BEEFSTEAK

PLACE steak on hot broiler which has been rubbed with fat, cook over clear fire or under direct gas flame turning every few seconds at first to sear surface. After well seared turn occasionally until well browned on both sides. A steak cut one and one-half inches thick will require ten minutes if liked rare, twelve to fifteen, if well done. Remove to hot platter, pour over part of fat in broiler or spread with butter and sprinkle with salt and pepper.

POT ROAST

FOUR pounds beef either rump or rib roll. Put one tablespoon dripping in iron pot and fry an onion until light brown. Rub surface of meat with flour, rub with salt and sprinkle with pepper. Brown meat on all sides in the hot fat. Then add one cup boiling water and put lid on tight. Do not let water boil entirely away, add only enough to keep from burning. Cook until very tender but do not let it break. Remove to platter and make gravy thick with flour of liquor left in pot.

BEEF STEW WITH DUMPLINGS

3 lbs. lean beef
1 quart water
2 cups potatoes cut fine
3 tablespoons flour

$\frac{1}{2}$ cup turnip,
 $\frac{1}{2}$ cup carrot,
 $\frac{1}{2}$ cup onion } cut fine
salt and pepper

Cut meat in convenient pieces for serving. Season well with salt and pepper and brown in fat tried out in frying pan. When well browned, put in kettle with water, rinsing frying pan to get all the brown. Let boil five minutes, then simmer for two hours. Add turnip, carrot and onion last hour of cooking. Parboil potato and add last fifteen minutes.

DUMPLINGS FOR STEW

2 cups flour
 $\frac{1}{2}$ teaspoon salt

3 teaspoons baking powder
1 cup milk

Mix and sift dry ingredients. Mix with milk and drop by spoonfuls into the boiling stew. Cover tight and cook ten minutes.

SERVE on large platter, meat in centre surrounded by vegetables and dumplings, pouring gravy thickened with flour, over all.

BOILED NEW ENGLAND DINNER

WIPE corn beef and tie securely in shape. Put in kettle, cover with cold water and bring slowly to boiling point. Boil five minutes, reduce heat, remove scum and cook at low temperature until tender. Remove meat from water, skim off fat and cook vegetables in this water (except beets which require a longer time in cooking). Use carrots, turnips, onions, potatoes and cabbage. Serve on deep platter corn beef in centre, surrounded by vegetables.

JIGGS' DINNER

CORN beef cooked as above but only cabbage added the last hour of cooking.

FLANK STEAK WITH MACARONI

TAKE one flank steak, place in bake pan with lard on bottom of pan, season with salt and pepper. Take six large onions, mince and spread over steak, then three green peppers, remove seeds and mince well and spread over onions. Now take one box of macaroni, cook till tender, drain and spread over all. Turn one large can of tomatoes over all and add salt and pepper to taste. Bake in covered pan one hour and a quarter. Put on large platter and serve hot.

MISS R. PINAULT.

GOOLASH

LAYER raw potatoes, layer raw onions, 1 cup uncooked rice, 1 lb. Hamburg steak, 1 pt. canned tomatoes. Bake 1 hour covered; uncover to brown.

MRS. R. E. JAMIESON.

HAMBURG STEAK WITH TOMATO GRAVY

Mix two cups round steak run through meat chopper, with one teaspoon salt, 1 saltspoon pepper and a few drops onion juice. Make into small flat cakes and fry in pan with 2 tablespoons good dripping. Cook 1 cup tomato with onion, bay leaf, celery salt, salt and pepper. Add one tablespoon flour to hot fat in frying pan and when well blended add strained tomato juice. Pour around meat balls on hot platter.

BOILED BEEF TONGUE

Use a corned tongue. If very salt soak several hours in cold water. Wipe and cover with fresh cold water, bring slowly to boiling point. Lower heat and cook till tender. Remove from liquor, peel off skin and roots, reheat and serve hot with sauce made as follows:

BROWN $\frac{1}{4}$ cup butter, add quarter cup flour and when well blended add gradually four cups of water in which tongue was cooked. Add salt and pepper and one teaspoon Worcester Sauce. Stewed and strained tomato may be used in place of some of the liquor.

BEEFSTEAK AND KIDNEY PIE

1 onion
2 lbs. round steak cut in
small pieces

1 beef kidney
Salt and pepper

WASH and cut up kidney and soak in salted water for about an hour. COVER kidney with water and put on to boil. After thirty minutes add steak and onion and seasoning. Cook till tender. Thicken gray with flour rubbed smooth with cold water. Put in deep pudding dish and cover with good pie crust. Bake in oven till nicely browned.

MRS. WILLIAMS.

BEEF STEAK AND KIDNEY PUDDING

TAKE one pound of tender beef and one beef kidney, cut small, season with pepper and salt, sprinkle a little flour over them.

SLIGHTLY butter a pudding bowl, roll out the paste half inch thick, line the bowl and then put in the beef and kidney. Add three or four table spoons of water. Cover the top with paste, press edges firmly together, then tie the bowl in a floured cloth. Keep constantly boiling for two hours.

PASTE for pudding: One pound flour, mixed with one salt spoon of salt, $\frac{1}{4}$ lb. of finely chopped suet. Mix to a paste with water, roll out about $\frac{1}{2}$ inch thick.

MRS. ELIZ. WILLIAMS.

GILLENLINE (Beef)

1 lb. round steak
1 lb. raw ham
 $1\frac{1}{2}$ cups bread crumbs
1 lemon rind and juice

1 teaspoonful salt
 $\frac{1}{2}$ teaspoonful nutmeg
 $\frac{1}{2}$ teaspoonful pepper
2 eggs well beaten

PUT steak and ham through food chopper, then add lemon juice and eggs, bread and seasoning and steam for 4 hours. Serve cold thinly sliced.

MRS. G.

STEW

2 lbs. thick flank steak cut into pieces size 50 cent piece; brown quickly in any suet fat on it, cut up onions and cover with 1 cup water; cook 20 minutes slowly, put in vegetables; cook another 20 minutes, keeping covered; add a little more water and thicken.

MISS A. NEWMAN.

OX-TAIL STEW

Cut up and wash several ox-tails. Put in bowl and cover with boiling water, let stand 30 minutes. Remove from water wash under cold water tap and thoroughly dry on towel. Fry in fat till quite brown. Put in pot and cover with soup stock slightly warm. Cook several hours gently, until meat loosens from bone. Add cooked diced carrots, turnips and small pieces of onion 15 minutes before removing from stove. Add 2 or 3 cloves, pinch salt. Serve in covered dish with small strips of toast to garnish.

MRS. W. E. NELSON.

BAKED HASH

ONE cup chopped meat, one cup boiled rice, one cup sweet milk, one egg, salt and pepper to taste, two tablespoons butter. Heat milk and butter, add other ingredients. Remove from fire stir in the well-beaten egg and bake in bread pan for twenty to thirty minutes.

MRS. CHARLES J. O'BRIEN.

CORNISH PASTIES

INGREDIENTS: $\frac{1}{4}$ lb. cold potatoes, $\frac{1}{4}$ lb. cold meat, 1 small onion, pepper and salt, short pastry.

METHOD: Cut the potatoes, meat and onions into small pieces, mix all well together and season with pepper and salt. Roll the pastry out into squares, put a spoonful of the mixture in middle, wet edges with water, fold over and press edges firmly together. Brush over with beaten egg and bake 20 minutes in moderate oven.

MRS. E. L. WAIN.

BRAISED BEEF OLIVES

RUMP steak cut thin, four inches long, two inches wide. Fry some chopped olives, grated carrot and chopped onions in butter, place a large spoonful on each portion of meat, roll and skewer. Place in stew pan, pour over some good stock and braise slowly until done.

C. N. R. DINING CAR SERVICE.

SHEPHERD'S PIE

COVER bottom of small greased baking dish with mashed potatoes, add thick layer of roast beef minced (seasoned with pepper, salt and a little finely chopped onion), moisten with gravy, cover with mashed potatoes, brush over with egg and bake in a moderate oven.

C. N. R. DINING CAR SERVICE.

CORN BEEF HASH

To two cups cold corn beef chopped not too fine, add an equal amount of cooked potato. Mix well together and season with salt and pepper. Moisten with one half cup of cream. Put one tablespoon butter in frying pan and when smoking hot add the hash spread even over the top. Cook over a moderate heat for half an hour so that a brown crust may form over the bottom. Fold over and turn out like an omelet on a hot platter. Garnish with parsley.

SCALLOPED LEFT OVERS

2 cups cold meat	1 teaspoon capers
1 teaspoon onion juice	1 cup bread crumbs
1 teaspoon chopped parsley	$\frac{1}{2}$ cup gravy or stock
1 teaspoon salt	3 tablespoons butter

BUTTER baking dish. Cover bottom with bread crumbs. Mix meat with parsley, salt, capers, and peppers. Distribute this over bread crumbs. Put some of the butter between layers, pour over the gravy and onion juice and add remaining crumbs and butter for top layer. Bake one-half hour.

ROAST Lamb or Beef re-heated. If warming up a leg of lamb or roast of beef, heap up the cavity left after carving with mashed potato. Brush over with melted drippings and brown in oven.

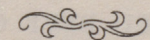
MRS. A. G. GARDNER.

BEEF A LA NEWPORT

3 eggs	1 dash of red pepper
1 cup of tomatoes	$\frac{1}{2}$ cup grated cheese
1 cup of chipped (smoked) beef	

PUT a lump of butter in a saucepan, add the ingredients, cook a few minutes. Serve very hot on toast.

MRS. GEORGE CAVERHILL.



LAMB

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ROAST LEG OF LAMB

REMOVE caul from leg of lamb, wipe meat, sprinkle with pepper and salt and flour. Place in hot oven and baste every fifteen minutes until meat is done. It may be necessary to add water if meat has not enough fat. Reduce heat when meat is nicely browned. Takes about two hours for seven pound leg of lamb. Make gravy by draining off excess fat and adding flour to fat left in pan. Serve with mint sauce if spring lamb or currant jelly.

CROWN ROAST OF LAMB

HAVE butcher make crown of two loins of lamb. Put pieces of fat salt pork over ends of bones to keep from burning, or cover with greased brown paper. Roast one hour and a half. Season with salt and pepper. Serve with centre filled with green peas and potato rosettes surrounding. Put paper frills on ends of bone before sending to table.

LAMB CHOPS

BROIL over clear fire or under gas flame same as beefsteak. Season with salt and pepper when taken from broiler. Very nice served with mound of green peas in centre of platter and chops arranged neatly around edge.

LAMB CHOPS "ZERITZA"

SERVED on November 7th, 1923 to Madame Maria Zeritza of the Metropolitan Opera House, New York, at the Ritz Carlton, Montreal.

BROIL 4 nice spring lamb chops, and cut off the two ends of 2 large tomatoes, and halve them. Sprinkle well with flour, and fry them in good French olive oil. Alternate the fried tomatoes with the chops nicely on a plate, and serve some new peas in the centre with a piece of fresh sweet butter.

C. H. SCHNEIDER.
Chef, Ritz Carlton Hotel.

MIXED GRILL

To prepare a mixed grill for one person you will require one thick lamb chop, one lamb kidney, one sausage, one tomato, one mushroom and butter, salt, pepper and Worcestershire sauce.

PREPARE the chop for broiling, soak the kidney in cold water, then cover with boiling water for one minute; remove skin. Saute in butter for five minutes, add Worcestershire sauce, cook the sausage, cut the tomato in half and fry in butter until soft. Saute the mushroom, broil chop, place chop on fried tomato on hot platter, on one side of the chop place the kidney and on the other side the sausage. Place mushroom on chop. To a little melted butter, add lemon juice and Worcestershire sauce, pour over all and serve.

CHEF J. A. GILL, C.N.R.

IRISH STEW

PUT three pounds of fore quarter of lamb in kettle, cover with boiling water, add salt and pepper and cook slowly for two hours. After first hour add $\frac{1}{2}$ cup each of carrot and turnip cut in cubes and one sliced onion. Last fifteen minutes add four cups sliced potato previously cooked five minutes in boiling water. Thicken with $\frac{1}{4}$ cup flour rubbed to paste with cold water. Serve with dumplings made same as with beef stew.

LAMB CURRY

CUT two rashers of bacon and fry in pan. Add one small onion and one small apple and cook but do not brown. Add one dessertspoonful of curry powder with one tablespoon flour, salt and pepper and slowly add gravy left from roast lamb or brown stock. Cut scraps of lamb from bone and add to above. Just before serving stir in 1 egg yolk mixed with $\frac{1}{2}$ cup cream. Serve in border of boiled rice.

RAGOUT OF LAMB

Cold roast lamb	1 tablespoon flour
2 small carrots	1 teaspoon sugar
2 onions	1 teaspoon salt
2 ounces butter	$\frac{1}{2}$ pt. gravy

SLICE vegetables, brown in butter and add sugar and flour. Remove vegetables and brown meat, cut in neat pieces in same fat. Return the vegetables, add gravy, cover closely and cook until tender. Green peas in season are delicious with this.

TOAD IN THE HOLE

$1\frac{1}{2}$ lbs. of rump steak	1 sheep's kidney
Pepper and salt to taste	

FOR the batter 3 eggs, 1 pint of milk, 4 tablespoonsful of flour, $\frac{1}{2}$ saltspoonful of salt.

CUT up the steak and kidney into convenient sized pieces, and put them into a pie dish, with a good seasoning of salt and pepper. Mix the flour with a small quantity of milk at first, to prevent it being lumpy, add the remainder, and 3 eggs which should be well beaten, put in the salt, stir the batter for about five minutes, and pour it over the steak. Place it in a brisk oven immediately and bake for $1\frac{1}{2}$ hours.

CHEF, Mount Royal Club.

KIDNEY SAUTE

CAREFULLY skin ten fresh lamb kidneys, and cut each into four parts. Heat in a frying pan a tablespoon of butter, drop the kidneys in and toss for a minute, then add a glassful of Sherry Wine. Season with a teaspoon of salt and saltspoon Cayenne pepper. Stir and let cook for twelve or fifteen minutes. Serve on a hot dish with a little parsley.



VEAL

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THE leg or loin of veal are best for roasting. Have the butcher bone the meat or make a pocket to hold stuffing. Stuff with dressing made as follows:

2 cups bread crumbs	$\frac{1}{2}$ teaspoon white pepper
1 teaspoon salt	1 onion
1 tablespoon thyme or savory	2 tablespoons butter

FRY onion a light golden brown in butter. Stir in crumbs and seasonings and stuff meat, sprinkle with salt and pepper. Put in pan and

lay three or four rashers of bacon or strips of salt pork over meat. Bake three hours in moderate oven, basting with one cup hot water at first and then with fat in pan. Remove meat to platter and make gravy with liquor left in pan, thickened with flour and hot water added.

VEAL CUTLETS

WASH and dry cutlets well. Beat 1 egg, add pepper, salt and nutmeg. Dip cutlets into this mixture and roll in bread crumbs. Brown in fat, then add 1 large cup hot water, piece of butter and handful of flour. Cover tightly and simmer for $\frac{1}{2}$ hour.

MRS. IRVING P. REXFORD.

VEAL CUTLET WITH TOMATO SAUCE

SPRINKLE meat with salt and pepper, dip in flour, then egg and bread crumbs and fry in pork fat or butter or a mixture. Brown on both sides and let cook slowly for forty minutes. Cook in saucepan, 1 cup tomato with slice of onion, bay leaf, 2 cloves, salt and pepper. When meat is cooked remove to hot platter. Add two tablespoons flour to fat in pan. Stir in slowly strained tomato mixture, let boil up well and pour around meat. Chops may be cooked same way.

VEAL TONGUES

WASH four fresh tongues quickly cover with boiling water and cook slowly for an hour. Remove skin and root and place back in liquor to which add one cup diced carrots, $\frac{1}{2}$ cup chopped onion, celery and parsley and salt and pepper. Cook another hour and add one cup green peas either canned or fresh. As soon as it boils up, remove meat and vegetables, thicken liquor with 3 tablespoons flour and add two tablespoons each of vinegar and chopped pickle.

PLACE tongue cut in half on hot platter and cover with vegetable gravy, garnish with parsley.

MRS. PERCY MINTO.

VEAL LIVER SAUTE

SLICE veal liver in pieces about three quarters of an inch thick. Fry in butter until brown and firm. Place in hot dish with some chopped parsley sprinkled over it and season with salt and pepper. Sprinkle one tablespoon of flour in frying pan and rub smooth. Add one cup of highly seasoned stock or tomato, strained and seasoned. Cook until thick and pour over liver. Serve hot.

LIVER AND BACON

HAVE calves liver cut in slices one-third inch thick, cover with boiling water and let stand five minutes. Dry well and roll in seasoned flour. Fry bacon first, remove to platter and lay slices of liver in hot bacon fat. When browned on each side they are sufficiently cooked. Serve on platter with bacon.

VEAL KIDNEY AND MUSHROOMS

THREE kidneys cut in small pieces and boil till tender, $\frac{1}{4}$ pound of mushrooms, peeled and fried in butter and then add milk and cream, then kidneys. Salt and pepper and small amount of flour to thicken the sauce.

MRS. JOHN MCLEAN.

STEWED KIDNEYS

SKIN and pare out the hard centre of two veal kidneys. Cut in small pieces, brown in a frying pan in butter with a little onion. Cook gently. Then put stew in a double boiler, with stock or water enough to cover them. Add a bay leaf, 3 or 4 whole cloves, red or black pepper. 1 tablespoon tomato catsup, a few drops of Worcestershire sauce or $\frac{1}{2}$ teaspoon of Parisian Essence. Salt to taste, let stew simmer 2 or 3 hours. Just before serving, thicken a little.

MRS. NEWBOLD JONES.

SCOTCH COLLOPS—COLD VEAL

CUT the veal the same thickness as for cutlets, rather larger than a fifty-cent piece, flour the meat well, and fry a light brown in butter, dredge again with flour, and add $\frac{1}{2}$ pint of water, pouring it in by degrees. Set it on the fire, and when it boils, one onion and a blade of pounded mace, one tablespoonful of lemon juice, $\frac{1}{2}$ teaspoonful of finely minced lemon peel, 2 tablespoonsful of sherry, and one tablespoonful of mushroom ketchup. Simmer very gently for $\frac{3}{4}$ hour.

CHEF, Mount Royal Club.

JELLIED VEAL

PUT veal shank in pot, cover with cold water, season with salt and cook slowly for about 2 hours. Remove all bone and gristle from meat. Shred meat with two forks, or put through meat chopper. Strain liquor. Rinse mold with cold water and put at bottom slices hard boiled eggs and olives, put in shredded meat and cover with liquor. Put in cool place until set. Serve very cold on lettuce leaves.

MRS. GEO. S. MASON.

COLD VEAL LOAF (Delicious)

KNUCKLE of veal about 4 lbs., 1 onion, 1 bay leaf, 4 cloves, $2\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon pepper, 4 cups hot water, $\frac{1}{2}$ pkg. gelatine, $\frac{1}{4}$ cup cold water, juice of 1 lemon, 1 hard-boiled egg, 2 pickles.

COOK veal with seasonings in hot water until meat is tender, strain, remove fat and bone and chop fine.

SOAK gelatine in cold water. Add to strained stock in which meat was cooked. Add meat and lemon juice. Cool and turn into deep pan, which has been garnished with rings of hard-boiled eggs and sliced pickles.

PUT on ice for several hours before serving.

MRS. A. S. BYRD.

STEAMED VEAL LOAF

To 1 lb. raw minced veal, seasoned with pepper and salt, add butter the size of a walnut, 1 egg, tablespoon milk, and one-half cup freshly grated bread crumbs. A little minced onion may be added. Knead until well mixed. Butter a one pound baking powder tin, coat with bread crumbs, fill compactly with the meat, and put on tight-fitting lid. Stand in a kettle of boiling water. Water should come almost to the top of mould. Cover kettle, and boil steadily for one hour and a half. It is best to elevate mould a little, so water can circulate. Do not turn out until cold. Pile water cress and stuffed eggs in centre of serving dish, and place slices of meat overlapping, around cress.

MRS. G. R. BUCKHAM.

VEAL LOAF

2 slices bread, soaked in milk	2 eggs, well beaten
$\frac{1}{2}$ lb. salt pork	3 lbs. veal, minced
little onion	pepper and salt

BAKE 1 hour. Serve hot. For gravy use milk instead of water.

MRS. F. M. BRANSCOMBE.

VEAL LOAF

LET the butcher chop quite finely three and a half pounds veal, one pound of fat pork. Mix well with four soda crackers rolled fine, three well beaten eggs, one tablespoonful of salt, same of pepper, half a nutmeg, a small piece of butter. Make it in a loaf and bake without water, with quick heat at first to close the outside and retain juices. A little grated lemon peel is a great improvement.

MRS. W. O. H. DODDS.

VEAL OR BEEF SHAPE

1 lb. steak or veal (minced)	$\frac{1}{2}$ lb. fat ham or bacon (minced)
$\frac{1}{4}$ lb. bread crumbs	$\frac{3}{4}$ of a nutmeg, grated
salt and pepper to taste	a very little cayenne is an improvement

MINCE and mix well together. Add 2 eggs. Put into a buttered mould and steam 3 hours.

M. BOYLE.

SWEETBREADS

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SWEETBREADS

ALWAYS parboil sweetbreads twenty minutes in salted water with $\frac{1}{2}$ teaspoon vinegar added. Remove to cold water to make meat white and firm. They may then be cooked any desired way.

SWEETBREADS IN CASES

2 prs. sweetbreads	1 tablespoon butter
1 can mushrooms	$\frac{1}{2}$ tablespoon flour
1 cup cream	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	Dash of Cayenne

BREAK up sweetbreads, trim mushrooms and cut each in quarters. Melt butter; add flour and seasoning and then scalded milk, and cream slowly, and cook till smooth. Add sweetbreads and mushrooms. Cook five minutes. Serve in patty shells.

SWEETBREADS MELBA

Served to Dame Melba at a lunch at the Ritz Carlton, Montreal.

BRAIZE some nice sweetbreads, when cooked serve them under glass with a garnishing of carrots, fresh mushrooms, celery and truffles. Cut in small Julienne, well cooked in butter and chicken broth, let boil for a few minutes, adding some good dry sherry, dress on toast, and serve very hot. Serve a nice rich cream sauce separate.

C. H. SCHNEIDER,

Chef de Cuisine, Ritz Carlton Hotel.

SWEETBREADS PARISIAN

PREPARE sweetbreads and let them stand in orange juice for half an hour. Then spread with soft butter and dredge with flour. Broil under gas flame until nicely browned, basting once with butter.

For the sauce cream one-third cup of butter and add to this salt, paprika, two tablespoons of orange juice and one of lemon. Add one third cup boiling water and yolks of two eggs and cook in double boiler until thick. Pour around hot sweetbreads.

BROILED SWEETBREADS

PLACE sliced sweetbreads on hot broiler and cook five minutes turning once. Remove to hot platter and serve on toast surrounded with green peas and garnished with rashers of bacon.

ALSO nice warmed in any good cream sauce.

BRAISED SWEETBREADS, PERIGORD

BLANCH sweetbreads in boiling water until white, with lemon juice and salt, put under cold tap until fit to handle, then trim off all edges and fat, place in saute pan, which has previously been covered with sliced carrots, onions, bay leaves and cloves. Spread a little butter and good white stock over and bake in oven until tender.

SAUCE is made with brown roux and juice from cooked sweetbreads with little sherry added to give consistency, into sauce put some chopped truffles.

CANADIAN PACIFIC RAILWAY.

PORK



ROAST LEG OF PORK

A leg with skin left on makes a choice roast. Score skin in inch squares. Have bone removed and stuff as follows:

1 cup bread crumbs	2 tablespoons butter
1 sour apple	1 teaspoon salt
1 small onion	½ teaspoon pepper
1 tablespoon sage	1 egg yolk

CHOP apple and onion. Melt butter and rub crumbs in it, add apple, onion and seasoning and last, beaten egg yolk.

RUB meat well with salt and pepper, place in hot oven until surface is brown, reduce heat and bake three or four hours basting frequently. Make gravy in pan when meat is removed, pouring off any excess fat. Serve with apple sauce.

LOIN OF PORK, ROASTED

FOLLOW directions for roasting given above allowing half hour for each pound. Serve with apples peeled and halved roasted in same pan last half hour of cooking.

BAKED PORK TENDERLOIN

SPLIT tenderloin nearly through. Rub with salt and pepper. Make a dressing of bread crumbs, butter, onion, salt, pepper and a little sage. Spread dressing on one half, turn other half over and have ready sweet potatoes, peeled and parboiled, and place them around meat. Bake one hour basting frequently with hot water and butter. Remove meat to platter, surround with potatoes and make gravy in the pan with milk instead of water and thicken with flour. Boil up well and pour around the meat.

MRS. MORLEY A. DAY.

BOILED HAM

PUT ham in kettle with cold water to which add one cup molasses. 1 bay leaf and some whole cloves. Bring gradually to boiling point and cook slowly until tender. Let partially cool, remove from water and peel the skin carefully off. Brush with beaten egg, sprinkle liberally with bread crumbs mixed with a little brown sugar. Stick whole cloves all over and brown in oven. Put paper frill over bone before sending to the table. Very good with champagne sauce served hot, or delicious sliced cold.

MRS. W. J. MORRISON.

BOILING A HAM

GET a whole or half ham, and soak over night in cold water, being careful to see that ham is completely covered. In the morning, pour off water, and cover with fresh water. Heat to boiling point, and then allow to simmer until tender, allowing twenty minutes to the pound. Take from fire, leaving ham in water to cool. Then remove outside skin. Score fat and press brown sugar into cracks, then sprinkle thickly with cracker or bread crumbs, and stick with whole cloves, about one-half inch apart. Put ham in dripping pan and bake in slow oven until crumbs are brown. This is equally good, hot or cold, and well repays time and trouble in cooking.

MARGARET CURRIE.

HAM WITH PINEAPPLE

SOAK a 1 inch slice of ham in warm water one hour. Drain and sprinkle with flour. Melt some ham fat in pan and brown meat in this. Pour 1 cup crushed pineapple and $\frac{1}{2}$ cup water over ham and bake slowly till tender, (about $\frac{3}{4}$ to 1 hour). Remove to hot dish and serve with the pineapple over it. Add water occasionally during baking if necessary.

MRS. W. E. NELSON.

JAMBON MOUSSE

1 pint cream
1 onion
salt and pepper

1 bit celery
1 lb. Ham (Boiled)

PUT cream in double boiler with onion and celery, let come to a boil until onion and celery are cooked, then mix in your ham that you have previously put through the mincer with two and a half teaspoonfuls or 3 of gelatine.

MRS. J. COCHRANE KING.

VIRGINIA SCALLOPED HAM

CUT in serving portions the raw ham dipped in flour. Place in Casserole. Cover with sliced onions, fill up with sliced raw potatoes. Fill casserole with milk and bake $1\frac{1}{2}$ to 2 hours. Do not season in any way.

MRS. FRED. N. LEARMONTH.

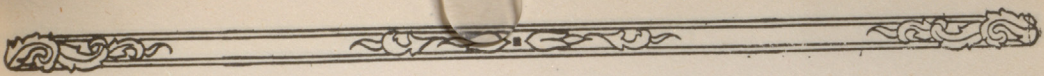
SAUSAGES IN BATTER

5 tablespoons flour
 $\frac{3}{4}$ pint milk
1 pound sausages

1 egg
salt to taste

SIFT flour and salt, beat egg, add milk, beat again. Stir slowly into flour and beat well for five minutes. Put sausages into shallow baking pan and pour on batter. Bake in quick oven for half an hour.

MRS. A. BROWN-ANDERSON.



SMOTHERED SAUSAGES

PRICK pork or veal sausages and place in a casserole or covered pan. Cover with mashed potatoes; cover potatoes with an egg well beaten; cover egg with fine bread crumbs. Bake thirty minutes over high flame.

MRS. E. W. SAYRE.

SAUSAGE ROLLS

4 cups flour
1 teaspoon Magic Baking Powder
salt to taste

1 cup shortening
water for mixing
1 lb. sausages

SIFT flour and salt and Baking Powder, mix in shortening and enough water for Short Paste. Roll, and cut into squares. Fill with hot sausage meat nicely browned and roll. Brush top with little milk and bake in quick oven for ten minutes.

MRS. GEORGE MASON.

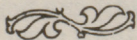
SCOTCH FRICASSEE

1 large tablespoonful dripping
or fat
1 cup rice

1 or 2 onions
1 quart boiling water
1 lb. sausages

MELT dripping in pan, slice onion and brown with rice, taking care not to burn. When well browned turn into large stew pan and pour on boiling water. Put in sausages and simmer for about an hour. This is most delicious for a light lunch or supper.

MRS. GEORGE SHANKS.



POULTRY and GAME

POULTRY includes turkeys, goose, chicken and duck. Game includes the flesh of wild fowls and wild animals.

GAME with dark meat should be cooked rare as venison and duck and almost all birds, while white fleshed animals, turkeys, chickens, etc., should be well done.

CHOOSE spring chicken for broiling, a young plump chicken for roasting and fowl for boiling.

A YOUNG turkey is plump, has smooth dark legs and a soft cartilage at the end of the breast bone. Geese and ducks should not be more than one year old.

ROAST CHICKEN

PICK off pin feathers and singe four pound chicken. Wash under cold water tap but do not let soak in water as this destroys flavor. Be sure bird is fully drawn, wipe dry inside and out. Now stuff with dressing made as follows:

FRY a small onion in one-quarter cup of butter but do not let brown. Add two cups stale bread crumbs seasoned with salt and pepper and summer savory or parsley if liked.

SEW up bird, rub with salt and pepper and place in roasting pan. Rub butter and flour over the breast and legs. Place in hot oven and baste frequently with water and butter until done. A four pound chicken requires an hour and a half with heat reduced after the chicken is brown. Make gravy in pan by adding flour and two cups of broth in which the giblets (liver, heart, gizzard and very often the neck) have been cooked. Chop giblets fine and add to gravy if liked.

ROAST CHICKEN

DRESS, clean, stuff and truss a chicken. Place on its back on rack, in a dripping pan, season with salt and spread breast and legs with a paste, made of 3 teaspoons butter and 2 tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Baste frequently. For basting use $\frac{1}{4}$ cup butter, melted in 1 cup boiling water and after this is gone, use fat in pan. If necessary add 1 cup boiling water. During cooking, turn chicken frequently. If a thick crust is desired, dredge with flour, spread with butter, omitting flour, and do not dredge during baking. Time required is about twenty minutes to the pound, and twenty minutes over. When breast meat is tender, chicken is sufficiently cooked.

STUFFING— $2\frac{1}{2}$ cups bread crumbs. Salt. $\frac{1}{4}$ cup melted butter. Pepper. Sage or poultry seasoning. 1 tablespoon chopped parsley. MELT butter in milk, and pour over bread crumbs, to which seasonings have been added. Poultry seasoning may be omitted and oysters or finely chopped celery added, for oyster or celery dressing.

MRS. G. R. BUCKHAM.

BROILED CHICKEN

HAVE butcher split broiler down the back bone and skewer legs and wings close to body. Wash and wipe dry as possible, sprinkle with salt and pepper and rub with soft butter. Lay on the broiler. Cook the inside next the fire, being careful not to scorch. Turn and cook skin side until brown. Turn frequently now until done. It will take about twenty-five minutes. Serve on a hot platter garnished with rashers of bacon and watercress or parsley.

BROILED PARTRIDGE

FOLLOW directions for broiling chicken. Serve each bird on slice of buttered toast. Add butter and the juice which escaped while broiling. Serve at once.

CAPON ROTI A LA WALDORF (Roast Capon with Veal Stuffing)

CAPON to be cleaned and dressed, mask of larding pork placed over breast to keep it moist.

DRESSING to be made of bread crumbs, chopped suet and veal, parsley, thyme, sage and onions sauted in butter, inside of bird to be filled with this dressing, then sewn with string to keep fowl in proper shape.

GRAVY is made from juice of bird and beef stock added.

CANADIAN PACIFIC RAILWAY.

BAKED CHICKEN WITH MUSHROOMS

DIP raw chicken, cut into suitable pieces for serving, into melted butter, and then into flour mixed with salt and pepper. Brown the pieces of chicken in a little butter in pan, add enough water or white stock to cover the bottom of pan; cover, and bake $1\frac{1}{2}$ hours. Baste occasionally. Fifteen minutes before removing from fire, sprinkle with some mushrooms.

C.N.R. DINING CAR SERVICE.

CHICKEN SAUTE

HEAT one tablespoon of lard and one tablespoon of butter in a frying pan. Add the chicken, cut in suitable pieces for serving, with the liver and heart, season with one teaspoon salt and half a teaspoon of white pepper. Gently brown fifteen minutes, turning occasionally.

Add one ounce of lean bacon cut in small pieces and two finely chopped onions. Stir well and let brown ten minutes more. Sprinkle with one tablespoon of flour and one-half teaspoon finely chopped parsley. Moisten with one cup broth and one cup milk and add one glass sherry or white wine. Mix well and cook half an hour more. Serve with boiled rice and corn bread or hot biscuits.

MRS. W. J. MORRISON.

VIRGINIA FRIED CHICKEN

CHICKENS will do for frying up to six months old. Cut up in suitable pieces for serving, roll in flour seasoned with salt and pepper, and fry in hot fat (mixed lard and butter). Brown on both sides, cover closely and reduce heat to cook slowly until tender. Remove to hot platter add flour to fat in pan and when smooth, add milk and water to make gravy. Pour over chicken and serve with corn bread and caramel sweet potatoes.

BREAST OF CHICKEN ROSSINI

SAUTE a crust of bread of similar shape to that of the breast, which should also be sautied to a nice brown shade. Serve with truffle sauce and slices of foie gras.

CHEF A. BURRI, PLACE VIGER HOTEL, MONTREAL.

CHICKEN A LA MARYLAND

DISJOINT and cut chicken into medium sized portions, remove skin and season with salt and pepper. Roll in flour first then egg and bread crumbs.

PLACE in buttered baking pan and cook in oven 30 minutes. Baste with melted butter and serve with rich white sauce.

MRS. DUNAN ANDERSON.

CHICKEN AND CABBAGE

(A Dish of Auvergne)

PUT $\frac{1}{4}$ lb. salt pork, cut into slices in the bottom of a kettle. When a little melted, put in a fowl or chicken or two partridges stuffed as for roasting. Put in 1 large clove of garlic and 3 large onions sliced, salt and pepper. Dredge with flour, put in a little water and cover closely. Dredge and baste the fowl every 15 minutes, adding water each time. Have cabbage ready cut in four pieces and put in the kettle one hour before the fowl is cooked. A fowl will take not less than four hours and allow three hours for a chicken.

MISS G. CLERGUE.

CHICKEN VALENCIA

ONE and a half cups cold cooked chicken; one half large green sweet pepper; one and a half cups canned tomatoes; one medium sized onion; one half cup mushrooms; two tablespoons sugar; one half teaspoon of salt; one quarter teaspoon of paprika; three quarters of a cup of rice.

CUT chicken in cubes, chop pepper, mince onion, cut mushrooms in small pieces. Cook tomatoes and onion slowly for 45 minutes with sugar, add chopped pepper and cook thick, add chicken and mushrooms and salt and pepper. Boil rice for half an hour and line a mould with it, reserving some for top. Fill with chicken mixture, cover with rice and bake in a moderate oven for 30 or 40 minutes. The pan of rice and chicken may be set in a pan of hot water to bake.

CHEF J. A. GILL, C. N. R.

CHICKEN A LA KING

MELT two tablespoonfuls of butter—in it cook one cup of fresh mushroom caps, peeled and cut in slices lengthwise, and one-half a green pepper, chopped fine. After two or three minutes add two tablespoonfuls of flour and one-half a teaspoon of salt and stir and cook until frothy, add two cups of cream and stir until boiling begins. Set over hot water (chafing dish or double boiler). Add three cups of cooked chicken cut in cubes, cover and let stand to become hot. Cream one-fourth a cup of butter, beat in the yolks of two eggs one-half tablespoonful of lemon juice, one-half a teaspoonful of onion juice, one-fourth a teaspoonful of paprika and stir into the mixture. Stir until thickening begins then add two tablespoonfuls of Madeira wine and some chopped pimento. Serve with Toast Melba which is just very thin dry toast nicely browned.

THE MISSES LOUITT.

CHICKEN A LA KING--FOUR PERSONS

Two lbs. boiled chicken cut in slices, 4 mushrooms, 1 red pepper, 1 green pepper cut in slices. Cook mushrooms and peppers in butter, drop chicken and red peppers in it, when very hot pour one glass of good sherry, cover up and leave for a few minutes, then add cream and salt and let boil about ten minutes. Before serving mix a small glass of sherry with 3 yolks of eggs and thicken over fire. Do not let it boil.

SERVE in chafing dishes.

CHEF JEAN DURANTHON, ST. JAMES CLUB.

CREAMED CHICKEN

$\frac{3}{4}$ cup cooked chicken
 $\frac{1}{4}$ cup almonds

1 cup white sauce
Yolk, 1 egg

BLANCH and chop almonds. Add, with chicken, to the sauce, and just before serving add yolk, 1 egg. Stir and cook a moment. Serve on round bread canapes.

MRS. O. R. BUCKHAM.

CURRY OF CHICKEN

TAKE a nice fresh chicken, cut as for fricassee. Put in pan with one chopped onion, 2 oz. of butter, one green apple chopped, one tablespoon full of good curry powder, pinch of salt, a small bouquet of parsley, celery, thyme, bay leaves (very little of latter). Cover up and cook slowly without allowing to colour, for 15 minutes. Add one-half cup of water and cook another 15 minutes. When serving add one-half cup of cream. Serve boiled rice on the side. A cup of rice in a quart of water, pinch of salt, boil for 20 minutes and wash with hot water, place rice in a strainer and allow to dry in oven for three or four minutes. (The sauce of the chicken may be served as it is or strained, this, a matter of taste.)

MARCEL THOMAS, CHEF DE CUISINE,
MOUNT ROYAL HOTEL.

CHICKEN MOUSSE

Two cups cooked diced chicken; one cup of milk; one cup of cream whipped; two egg yolks; one-eighth teaspoon of white pepper; one and a quarter teaspoon salt; one tablespoon of granulated gelatine; one-eighth teaspoon finely chopped onions; one half teaspoon of celery salt; one-half cup chicken stock; lettuce; pimento strips; salad dressing.

SCALD half cup of milk, beat the egg yolks slightly, add half cup of milk and mix well, pour the scalded milk over this mixture gradually, stirring constantly, add the salt and pepper and finely chopped onion, and celery salt. Cook in the top of a double boiler until the mixture thickens, about five minutes. Meanwhile, soften the gelatine in the chicken stock for five minutes, add to the hot custard mixture, together with the diced chicken. Whip the cream and fold carefully into the mixture. Pour into wet individual timbale moulds and chill until set. Serve on lettuce, garnished with pimento strips and mayonnaise or boiled dressing.

CHEF J. A. GILL, C. N. R.

ROAST TURKEY

SELECT a turkey which is young and plump. Have drawn, being careful to wash thoroughly inside and out. Stuff with dressing made as follows.

BOIL one pound chestnuts, peel and chop not too fine. Mix with stale bread and onion prepared as for roast chicken, only much larger quantity.

PLACE bird in hot pan, rub surface with salt and pepper, brush with butter and dredge with flour. Place in hot oven and when well browned, reduce heat. Baste with fat in pan and add hot water and butter until there is sufficient liquor in pan. A ten pound turkey will take three hours.

REMOVE turkey to hot platter and make gravy in pan with three tablespoons flour mixed smooth with cold water and add the water in which giblets were cooked.

SAUSAGES left in links placed around turkey in pan last half hour and served surrounding turkey on platter are delicious and a nice garnish.

ALWAYS serve cranberry sauce with turkey.

BOILED TURKEY

HEN turkeys are the best for boiling, being the whitest and tenderest. Of course the sinews must be drawn and they ought to be trussed with the legs out, to be easily carved. Take care to clean the turkey well after it has been singed. Place the fowl in a sufficiently large pot with water sufficient to cover it, and a little

more; cook slowly as the slower the turkey boils the plumper it will be. Skim carefully and constantly and simmer for two hours and a half in the case of a large fowl, and two hours for a smaller one, and from an hour and ten to an hour and forty minutes for still smaller turkeys.

STUFFING for boiled turkey: One cup to two cups of stale bread crumbs, with a little butter, some finely shredded parsley, and two dozen small oysters. Serve with oyster sauce if desired.

ELIZABETH KING.

ROAST DUCK

STUFFING for duck.

½ lb. onions	1 duck liver
1 cup bread crumbs	1 teaspoon salt
1 teaspoon sage	¼ teaspoon pepper

Mince onion, parboil liver and chop very fine, combine with bread crumbs and seasonings.

ROAST one hour, basting often. Serve with good brown gravy made in the pan and with apple sauce or currant jelly.

ROAST GOOSE

DRAW, singe, remove pin feathers and wash well inside and out. Stuff with the following.

CHOP an onion fine, mix with two cups well seasoned mashed potatoes, 1 cup bread crumbs, adding sage if liked.

SPRINKLE goose with salt and pepper and roast in hot oven two hours. Cover with brown paper first hour, then baste every fifteen minutes. Remove to hot platter and garnish with browned apples or serve apple sauce in separate dish.

BROWNED APPLES

PARE six small sour apples and brown in butter and sugar, 1 tablespoon of each. Stew in broth enough to barely cover. Remove apples when tender, boil the broth to a glaze and roll apples in it.

STUFFED GOOSE

ONE green goose drawn and cleaned. Scrub well inside and out and rinse with water in which you have put a pinch of soda bicarb.

STUFF with the following, which is unusual but excellent.

8 cupfuls bread-crumbs	2 tablespoons salt (level)
1 teaspoonful pepper	1 tablespoonful powdered sage
2 tablespoonfuls chopped parsley	1 cupful butter substitute
1 lb. stewed & stoned prunes	½ cupful of vinegar
½ cupful of sugar	

Cook this for 5 minutes and add other ingredients. Stuff bird half-full and roast. Garnish with the following

APPLE RINGS—(Garnish for Roast Goose)

PEEL and core large firm apples. Slice in thick rings.
BOIL 2 cupfuls of sugar with $\frac{1}{2}$ cupful of water until it threads.
THEN lay in apple rings carefully (not too many at a time) and cook till transparent. Squeeze a few drops of lemon juice over the finished rings and garnish the goose with rings.

MRS. C. R. BOURNE

ROAST VENISON

ROAST Venison is usually well larded with pork. Season well and cook rare, basting frequently. An hour and a half for a leg or saddle weighing from eight to ten pounds. Serve with currant jelly.

A GOOD GAME PASTY

CUT well hung venison in pieces two inches square. Parboil until tender, then season well and lay in a baking dish lined with pastry.

Dot with butter, add stock to cover bottom of dish, cover with pastry and bake till crust is well done and brown.

WHILE it is baking, add bones and trimmings to stock left, season highly—pepper, salt and mace—and cook till reduced one half and all the goodness is out of the bones. Strain and remove fat. When pie is done heat gravy, flavor with port wine and lemon and pour through the hole in the crust.

GOOD either hot or cold.

VENISON STEAK

HAVE ready a well buttered grid-iron and a good thick steak.

BROIL for about 10 minutes, cover with butter, serve piping hot with red currant jelly.

MUST be very rare to be good.

CICELY.

ROAST PARTRIDGE

CLEAN and prepare as any fowl. Bake from 20 minutes to half an hour in a hot oven.

DRESS the bird with either butter or slices of bacon. Serve with bread sauce.

THE SAUCE:—Take a large cup of milk, a good sized piece of butter and an onion, letting milk, onion and butter boil together till onion is tender, then add grated bread crumbs enough to thicken.

ELIZABETH KING.

PERDRIX AU CHOUX

CLEAN and prepare partridge. Take a nice small head of white cabbage, cut up small. Strew a layer of thick cabbage on bottom of bake pan. Lay partridge on this bed, with slices of bacon on the wings and breast of bird, then add pepper and salt. Cover with rest of cabbage. Place good sized pieces of butter on top of cabbage, adding one-quarter cup of water. Put cover on pan and let bake three-quarters of an hour in hot oven.

MRS. THOMPSON.

WILD DUCK

STUFF with celery seasoned with pepper and salt.

ROAST in hot oven from 20 to 30 minutes. Serve with red currant jelly.

CICELY

RABBIT POT PIE

SKIN and wipe the rabbit, cut in pieces, flour and brown in frying pan with salt pork. Place in stew pan, add 1 quart water, a piece of lemon, a teaspoon of salt, small glass of sherry and one small onion minced and browned in butter.

COVER closely and stew until tender, about an hour. Make a delicate biscuit crust cut in rounds. Lay on top of the rabbit, cover closely and cook fifteen minutes.

PILE rabbit in centre of large platter, surrounded with biscuits and pour over all the gravy, thickened with flour.

SQUIRREL pot pie is made the same way.

JUGGED HARE (EN CASSEROLE)

HARE prepared and browned as above only instead of putting in stew pan, put in casserole, add lemon and onion, salt and some herbs in a muslin bag (whole cloves, bit of mace, parsley and sprig of thyme). Bake in oven about two hours, take out meat, thicken gravy with flour and butter rubbed together and add $\frac{1}{4}$ cup port wine. Strain this over the hare and serve in casserole.

STEWED PIGEONS

AFTER preparing the birds, cut them up, and let lie in salted water for $\frac{1}{2}$ hour, then wash them well in clear water, place in a saucepan with just enough water to cover them, cook till tender. Pour off some of the water and let simmer quickly till dry. Season with butter, salt and pepper to taste and serve with brown gravy.

ELIZABETH KING.

Accompaniments and Garnishes

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MEAT, POULTRY, GAME AND FISH

Roast Beef.—Pan gravy, Yorkshire pudding, horseradish sauce.

Beef Steak.—Mushroom sauce. Fried Onions

Roast Veal.—Brown gravy, sweet pickled fruits, macaroni and tomatoes, Bohemian sauce.

Veal Cutlet.—Tomato sauce.

Sweetbreads.—Green peas, mushrooms, lemon and parsley.

Roast Mutton.—Currant jelly.

Boiled Mutton.—Caper sauce.

Roast Lamb.—Mint sauce.

Lamb Chops.—Green peas, French fried potatoes, currant jelly or mint sauce.

Roast Pork.—Apple sauce, sweet potatoes.

Ham Boiled or Baked.—Champagne sauce, spinach.

Cold Boiled Ham.—Potato salad, gherkins.

Pork Chops.—Fried apples.

Roast Turkey.—Chestnut, celery or oyster stuffing, browned sausages, cranberry sauce, bread sauce, brown gravy.;

Roast Chicken.—Brown or giblet gravy, bread sauce, bacon, boiled rice.

Broiled Chicken.—Water cress, Tartare sauce.

Roast Duck.—Sage and onion stuffing, orange sauce, salad gravy.

Roast Goose.—sage and onion stuffing. apple sauce, gravy.

Partridge.—Bread sauce, Bread crumbs, Red Currant Jelly, Salad.

Wild Duck.—currant jelly.

Venison.—Currant or barberry jelly.

Boiled Fish.—Hollandaise, cream, parsley or egg sauce.

Broiled Fish. } Maitre d'Hotel butter, Tartare Sauce, cucumber sauce.
Fried Fish. }

Parsley, water-cress, sliced lemon, hard boiled egg, cucumber, curled celery are all used to garnish or flavor fish.

DOLLY'S CHOP HOUSE



THIS old, one-time famous hostelry and its eccentric proprietor have long since passed into history.

The real name of this old-time host was B. P. Isaacson. His sobriquet, "Dolly," was adopted, like that of his noted chop house, from the London eating-house of the same name. It was situated at 17 great St. James Street, a few doors west of the site of the old St. Lawrence Hall, and in the hey-day of its prosperity of the 50's and 60's enjoyed the patronage of the officers of the garrison and the merchants of the city.

A portrait in color in the gallery of the Chateau de Ramezay depicts "Dolly" as a rugged-featured, bushy-haired, grey, whiskered, sturdy figure, dressed in the quaint costume—knee-breeches, ribbed stockings, low buckled shoes, which he affected: a typical John Bull! Thus garbed, it was his custom to seat himself in an arm chair in his doorway, smoking his inseparable yard-long churchwarden pipe to receive his patrons and greet the passer-by.

Mr. Thomas O'Leary, the encyclopedic custodian of the Chateau de Ramezay, is authority for the recollections of old citizens who remember the characteristic habit of the aggressive old Britisher shouldering his way through the Bonsecours Market in personal quest of the edibles which he later served to his many appreciative customers.

S.M.B.

DEVIL'S OWN SAUCE (For Grill or Duck)

1 tablespoon of currant jelly, 1 tablespoon of chutney sauce, 1 teaspoon of Cayenne pepper, 1 teaspoon of dry mustard, 1 teaspoon of fine salt. 1 wine glass of port wine, the juice of a good sized lemon.

Mix all well together with a silver spoon and warm it in a cup over a slow fire not allowed to simmer, only warm it. Serve up in a boat and a small quantity over the grill.

W. I. (DOLLY).

MEAT & FISH SAUCES

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WHITE SAUCE

Two tablespoons butter
2 tablespoons flour
Few grains pepper

1 cup milk
 $\frac{1}{4}$ teaspoon salt

MELT the butter, add the flour, mixed with seasonings and stir until thoroughly blended. Pour on the milk one-third at a time, stirring until well mixed and cook until smooth. Milk may be used cold or scalded.

CREAM SAUCE

PROPORTIONS and method for making are the same as in the white sauce; substitute cream for milk.

DRAWN BUTTER SAUCE

$\frac{1}{4}$ cup butter
2 tablespoons flour
 $\frac{1}{8}$ teaspoon pepper

1 cup boiling water
 $\frac{1}{4}$ teaspoon salt

FOR making follow directions given for white sauce.

CAPER SAUCE

ADD $\frac{1}{2}$ cup capers, drained to Drawn Butter Sauce.

EGG SAUCE

ADD two chopped hard boiled eggs to Drawn Butter sauce.

PARSLEY SAUCE

ADD chopped Parsley to White or Drawn Butter sauce.

BECHAMEL SAUCE

A good bechamel is made same as white sauce. substituting white stock for milk and adding $\frac{1}{2}$ cup cream. For yellow bechamel add three egg yolks beaten to the cream and cook until blended.

BECHAMEL SAUCE

LARGE spoonful of flour and one of butter, set on the fire and pour in two cups of milk, boil until thick. Take off the fire and add the yolk of an egg or a little cream. Salt and pepper to taste.

MISS ALICE KANE.

TOMATO SAUCE

2 tablespoons butter	1 slice onion
2½ tablespoons flour	2 cloves
½ cup water	½ teaspoon salt
1 cup strained tomato juice	⅛ teaspoon pepper

BOIL together water, tomato and onion. Brown the butter, add the flour and seasonings, rub smooth, add hot liquid gradually. Boil three minutes and strain.

HOLLANDAISE SAUCE

½ cup butter	⅓ cup boiling water
Yolks of 2 eggs	¼ teaspoon salt
¾ tablespoon lemon juice	Few grains cayenne pepper

ADD yolks of eggs, lemon juice and seasonings to one third of butter, place in sauce pan over boiling water and stir constantly, until butter is melted. As it thickens add rest of the butter, a bit at a time, add the water and cook one minute.

HOLLANDAISE SAUCE

FOR half a pint of sauce, use half a cupful of butter, one-third of a cupful of boiling water, the yolk of four raw eggs, one tablespoon and a half of lemon juice, half a teaspoon of salt and one-tenth of a teaspoon of cayenne pepper. Fill a pint bowl with warm water, pour out the water and wipe the bowl. Put the butter into the bowl and beat it until soft and creamy, add the yolks of the eggs one by one and beat until they are blended with the butter, add the lemon juice, salt and pepper and beat until again smooth. Then take out the spoon and beat the mixture with the "Dover" beater for five minutes. Place the bowl in a pan of boiling water being careful not to have the water come so high that it will boil into the bowl. Add one-third of a cup of boiling water and cook until the sauce is as thick as mayonnaise, beating constantly with the beater. Take from the fire and it is ready for use.

MISS ALICE KANE.

MOCK HOLLANDAISE SAUCE

1 cup Borden's evaporated milk	3 tablespoons melted butter
¾ cup boiling water	2 tablespoons flour
1 teaspoon salt—few grains cayenne	
1 tablespoon lemon juice	2 egg yolks well beaten

MELT butter in top double boiler, add flour. When well blended gradually add the hot water and stir continually till it thickens, season with salt and cayenne. When ready to serve add the evaporated milk with egg yolk. Mix all thoroughly. Remove from fire, add lemon juice a few drops at a time and serve immediately. Serve with fish or vegetables.

MRS. W. E. NELSON.

MAITRE DE HOTEL BUTTER

$\frac{1}{3}$ cup butter	2 teaspoons finely chopped
$\frac{1}{2}$ teaspoon salt	parsley
$\frac{1}{8}$ teaspoon pepper	1 tablespoon lemon juice

WORK the butter until creamy, add seasonings and parsley, then the lemon juice very slowly.

BOHEMIAN SAUCE

1 cup fresh bread crumbs	4 tablespoons
$\frac{1}{2}$ cup stock	grated horseradish
4 tablespoons butter	$\frac{1}{4}$ teaspoon salt

ADD the bread crumbs and seasonings to the stock, cook for ten minutes, stirring occasionally. Rub through a wire strainer. Add the horseradish and butter, a little at a time. Mix well but do not let boil.

CUCUMBER SAUCE

CHOP or grate two cucumbers and drain well. Season with 1 tablespoon vinegar, salt, pepper and a dash of cayenne. Mix lightly with one cup whipped cream. Heap this in the scooped out halves of a cucumber, (boat shaped) add a few sprigs of parsley and serve at once.

CURRANT JELLY AND MINT SAUCE

MELT one cup currant jelly and add one cup minced mint and serve warm but do not cook it. Serve with lamb chops. For game, add grated rind of half an orange.

MINT SAUCE

4 tablespoons minced mint leaves	$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar	6 tablespoons vinegar

PLACE mint in small bowl, cover with sugar and let stand covered for an hour. Add salt to hot vinegar and pour over mint. Let this infuse ten minutes before serving.

GAME SAUCE

$\frac{1}{2}$ cupful of red currant jelly. Juice of about a quarter lemon. Cayenne pepper, half a wine glass of Port wine. Warm the jelly.

Mrs. W. O. H. DODDS.

APPLE SAUCE

WIPE, quarter and core twelve tart cooking apples. Steam till tender and sprinkle with four tablespoons sugar and a little salt. Do not make too sweet. If apples are not sour add juice of half a lemon. Beat well and heap in suitable dish for serving.

BREAD SAUCE

$\frac{1}{2}$ cup stale bread crumbs	6 whole peppers
$\frac{1}{2}$ cup cold milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{2}$ cup cream

COOK milk with bread crumbs, onion and whole peppers. Let simmer five minutes, add cream, cook five minutes more, add onion juice and salt, remove peppers and serve in boat with buttered browned bread crumbs sprinkled on top.

CHAMPAGNE SAUCE

1 cup stock	1 tablespoon flour
1 tablespoon butter	1 cup champagne

COOK butter and flour together. Stir in slowly the stock, cook five minutes. Remove from the fire and stir in the champagne.

CUMBERLAND SAUCE

To be used with boiled ham.

3 tablespoons red currant jelly	1 teaspoon Port wine.
3 tablespoons water	Rind of 1 lemon
1 teaspoon Harvey sauce	Cayenne pepper

BOIL all together, strain and serve cold.

MRS. HERBERT MARLER.

HORSE RADISH SAUCE

FOUR tablespoons freshly grated horse radish.

$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ teaspoon pepper	1 tablespoon vinegar
$\frac{1}{2}$ teaspoon mustard	

MIX well together. Add one-quarter cup cream either whipped or plain.

TARTARE SAUCE

A good mayonnaise to which is added, just before serving—

$\frac{1}{2}$ tablespoon each, chopped:—

Capers
Pickles

Olives
Parsley

Onion

ORANGE SAUCE

2 tablespoons butter	$\frac{1}{2}$ teaspoon made mustard
2 tablespoons flour	$\frac{1}{4}$ cup Port Wine juice and rind
$\frac{3}{4}$ cup stock	of one orange
$\frac{1}{4}$ cup currant jelly	Dash of paprica
$\frac{1}{4}$ teaspoon salt	

COOK butter and flour add stock and seasoning and when smooth add wine, orange juice and grated rind.

ENTREES

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CURRY ASPIC

BOIL one fowl, strain and cool the stock and take off fat. Chop one small onion and one small apple and fry until soft. Add 1 teaspoonful of curry powder, 1 teaspoonful sugar, pepper and salt to taste. Then add 2 cups of the chicken stock, the juice of one lemon and boil for ten minutes. Add 1 level teaspoonful of Cox's gelatine, strain, and when cool add 1 cup of whipped cream, put in a ring mould and set.

WHEN turned out fill in centre with chicken salad and serve very cold with mayonnaise.

MRS. A. D. MAC TIER.

VEGETABLE ASPIC

1 pint of chicken stock	1½ tablespoons gelatine dissolved
1 cup chopped celery	in ½ cup cold water
1 small bottle of olives, chopped	1½ teaspoon salt
1 can of asparagus tips	2 teaspoons vinegar
¾ cup juice from asparagus	paprika

HEAT to boiling the chicken stock, pour over the dissolved gelatine, and with the seasonings add to the chopped celery olives and asparagus juice. Line the bottoms of the molds with the pieces of asparagus dusted in paprika and pour over this the gelatine mixture. Allow to stand at least two hours on ice before serving. Serve with mayonnaise on lettuce leaves or with sliced tomatoes.

EITHER canned or fresh asparagus may be used.

LADY MEREDITH

APPLE FRITTERS

PEEL and cut apples in thin round slices and soak in a mixture of brandy, lemon juice and sugar. Drain and dust with flour. Melt three tablespoons butter in frying pan and fry slices on both sides. Sprinkle with powdered sugar and cinnamon and serve very hot with juice in which they were soaked poured over.

BANANA FRITTERS

3 bananas	¼ teaspoon salt
1 cup flour	⅓ cup milk
2 teaspoons baking powder	1 teaspoon lemon juice
2 tablespoons sugar	1 egg

MASH bananas fine and combine with flour and seasonings, alternating with milk. Add lemon juice and lastly well beaten egg. Drop by spoonfuls into deep fat and fry. Drain on paper and sprinkle with powdered sugar.

CORN FRITTERS

1/2 cup milk	1/3 teaspoon pepper
2 cups cooked corn	2 teaspoons baking powder
1 1/2 cup flour	1 tablespoon melted shortening
1 teaspoon salt	2 eggs

ADD milk to corn; add flour sifted with salt, pepper and baking powder; add shortening and beaten eggs; beat well. Fry by spoonfuls on hot greased griddle or frying pan.

IF fried in deep fat make batter stiffer by adding 1/2 cup flour and 1 teaspoon baking powder.

MRS. JAMES CLEGHORN.

FRITTERS

1 cup riced potatoes (cooked)	1 or 2 drops Tabasco sauce
1/8 teaspoon grated lemon rind	1/2 teaspoon salt
1/2 cup milk cheese, grated	1 egg, well beaten

METHOD—BEAT all the ingredients together until light, drop by spoonful into hot fat 385 F., and when puffed and brown drop on brown paper to drain.

SISTER ST. MARY EDITH,
Director, Montreal Cooking School.

PINEAPPLE FRITTERS

CUT fruit in small pieces, sprinkle with sugar and leave for an hour or two. Drain as dry as possible. Roll in sifted bread crumbs and dip in batter made as follows:

1 egg	1 cup flour
1 cup milk	1/2 teaspoon salt
1 teaspoon sugar	

FRY in deep fat. Drain on brown paper, sift powdered sugar over and serve with pineapple sauce.

PINEAPPLE SAUCE

MAKE syrup of 1 cup sugar and one cup water, boiling until it will hair. Add juice drained from pineapple and 1/2 cup white wine.

TIMBALES

COOK until soft 1/2 cup stale bread and one cup cream. Add one tablespoon butter, 1 teaspoon salt, dash of pepper and two beaten yolks of eggs. Cool slightly and mix thoroughly with one and one half cups of minced and cooked fish, chicken, ham, mushrooms or any other filling.

ADD whites beaten stiff, put in buttered molds and steam one-half hour. Or put molds in pan in oven, pour boiling water to come almost to top of molds and cook half an hour. Heat must be moderate—do not let water boil.

CHICKEN RISsoles

1 cup cooked chicken Salt and pepper
2 tablespoons minced mushrooms Pastry
 $\frac{1}{2}$ cup white sauce

MINCE chicken fine. Combine with mushrooms and sauce and seasonings.

ROLL pastry as for pie and cut in four inch squares. Put a tablespoonful of filling on each. Wet edges with white of egg, fold over and flatten slightly. When cakes are all made, mix the whole egg together with one tablespoon of milk, dip rissoles in this and cook in hot fat until golden brown. Dry on paper and serve at once.

CROUSTADES OF BREAD

CUT stale bread four inches thick. Leave square or cut round and hollow out centre. Fry in deep fat or brush over with melted butter and brown in oven. Fill centres with creamed fish, meat, chicken or vegetables.

RAMAKINS OF CHICKEN

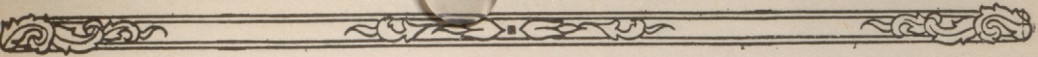
MAKE a sauce of four tablespoons of butter, six of flour, a half a cup each of chicken stock, cream and liquor from canned mushrooms. Season with salt and pepper and add two cups cold chicken diced, the mushrooms and a tablespoon of chopped pimento. Mix well, place in ramakins, cover with buttered bread crumbs and brown in hot oven. Garnish with strips of pimento when taken from oven and serve very hot.

CHICKEN CROQUETTES

2 cups of chopped cold fowl 1 teaspoon lemon juice
1 cup white sauce $\frac{1}{4}$ teaspoon onion juice
1 teaspoon chopped parsley $\frac{1}{2}$ teaspoon salt
Few grains of cayenne or dash of paprika.

MIX meat and seasonings with white sauce; cool, shape, crumb and fry in deep fat. Drain on brown paper and serve hot.

ANY cold cooked meat or fish may be highly seasoned and combined with white sauce for croquettes. Sweetbreads and mushrooms combined are delicious.



FISH OR MEAT CROQUETTES

To $\frac{1}{4}$ cup melted butter add 2 tablespoons flour and mix thoroughly to consistency of thick paste. Add $1\frac{1}{2}$ cup boiling water and mix to a thick cream. Boil for two minutes. Have prepared $1\frac{1}{2}$ cup shredded fish or meat to which has been added 1 teaspoon parsley chopped fine and pepper and salt to taste. Mix all together and spread on a platter to cool for at least 4 hours.

THEN form into croquettes, egg and bread crumb and fry golden brown.

GRACE ROBERTSON.

CHEESE AND RICE CROQUETTES

1 cup shredded pimento cheese	$\frac{1}{4}$ cup butter or substitute
2 cups of cold boiled rice	$\frac{1}{3}$ cup flour
1 cup milk	Salt

MAKE thick white sauce with milk, butter and flour, add cheese, stir until melted, salt to taste. Cool, then mix with cold rice and shape in croquettes. Roll in bread crumbs, dip in beaten egg, roll in crumbs again and fry until brown in deep pan.

MRS. LAWRENCE SEWELL.



Luncheon and Supper Dishes

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CHOP SUEY

CLEAN a small chicken and cut all the meat from the bones, cut it into strips one and one-half inches long and one-half inch wide. Slice a large onion thin; soak a handful of mushrooms for ten minutes in water and remove the stems. Cut a stalk of celery into small pieces. Wash and slice six Chinese potatoes. In the frying-pan put some fat and fry the chicken lightly in this, but do not let it get hard. Add the sliced onions and cook for five minutes, then the mushrooms with enough Chinese sauce to make the ingredients brown. Pour in enough water almost to cover and simmer for twenty minutes. Put in the celery and potatoes and stew for fifteen minutes more. Thicken with flour and water, and when the gravy is thick and smooth serve with boiled rice, seasoning well if the sauce has not given enough flavor.

MRS. HARRY FRAZIER.

SALMON LOAF

THREE slices of bread (crumb up well). One egg (well beaten). Four tablespoons of milk. Mix all together and flake in a small tin of salmon, lots of butter, pepper and salt. Put small pieces of butter on top also. Bake half an hour in moderate oven. Serve with green peas in cream sauce.

MRS. E. S. HAMILTON.

SALMON LOAF

1 can salmon, bones and skin removed.
1 cup cracker crumbs
2 eggs well beaten, salt and pepper to taste
 $\frac{1}{2}$ cup sweet milk.

Mix well and steam in buttered mould for 40 minutes. Let cool before removing from mould. Very nice served with cabbage salad.

MRS. J. W. NORCROSS.

SALMON CHOPS

Cook together: 1 cup milk, 1 tablespoon butter, 2 tablespoons flour, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper.

ADD 1 can salmon, 3 tablespoons cracker crumbs, let cool, shape and dip in egg and fry.

MRS. C. L. HAUGHEY.

SALMON LOAF

1 can salmon, 1 cup bread crumbs, 1 tablespoon melted butter, 1 egg, pepper and salt to taste. Put everything in a bowl, mix well, and press into a well buttered dish. Bake in a quick oven for about ten minutes. Improved by serving with oyster sauce or egg sauce.

MARGARET CURRIE.

TUNA FISH A LA KING

MELT 2 tablespoons butter and add $\frac{1}{2}$ tablespoon finely chopped green pepper and one teaspoon chopped onion. Cook until tender, then add gradually 2 cups milk, stir until milk is scalded and thickened, add pinch of bay leaf and let stand. Stir in one pound canned Tuna fish, flaked, also tablespoon pimentos cut in dice. Arrange on toast and border with parsley.

V. HUNTER.

CREAMED FISH IN SHELLS, POTATO BORDER

COOK a pound of fresh fish in a cup of water, to which a slice of onion and a tablespoonful of lemon juice has been added. Remove from the liquid, when the flesh separates easily from the bones, or in about ten minutes. Discard the skin and bones, and separate the fish into flakes. Use the liquid in which the fish was cooked, with one-fourth the measure of thin cream in making a cup of white sauce. Allow a cup of sauce for each generous cup of fish. Mix part of sauce with fish, and dispose it in buttered scallop shells. Spread a little more sauce over the top, then pipe mashed potatoes around the edge of the shells. Brush the potato with the yolk of an egg, and set the shells in the oven to brown the potato. Serve at once with a slice of hard-cooked egg in the center of each.

MRS. A. McL. MURRAY.

KEDGEREE

PUT 1 oz. butter in stew pan, when melted add 4 ozs. of boiled rice, (cold); stir for a minute, then add 8 or 10 ozs. of cooked white fish of any kind, Finnan Haddie being the best, season to taste with fish sauce or merely white pepper, add a couple of hard-boiled eggs, chopped fairly fine. Stir in the pan for a few minutes and serve hot.

MISS BICKLEY.

KEDGEREE

ANY cold fish. Take the bones out and break into small pieces. A small cup of boiled rice, one hard boiled egg, chopped fine, one teaspoon of dry mustard, a little cayenne pepper, a small piece of butter and a little cream. Beat thoroughly, cook slowly, and serve very hot.

MRS. W. O. H. DODDS.

SUPPER DISH

PUT contents of one can of tomato soup in double boiler. When hot add one pound Canadian cheese cut in dice. Cook until cheese is melted. Add a little red pepper and one egg slightly beaten. Stir well and serve on hot crackers or toast.

MRS. A. G. GARDNER.

SPANISH RICE

ONE large Spanish onion; one tin of tomatoes; six slices of bacon, cut small and one cup of rice. Chop onion fine and fry with bacon. Boil rice with salt as for a pudding adding juice of tomato while boiling. Mix together in casserole and bake in oven for twenty minutes. Serve hot.

MRS. W. E. FINDLAY.

POTATO PUFF

SEASON 1 pint hot mashed potatoes with salt, chopped parsley, pepper, celery salt and butter and moisten with milk. When cold stir in separately the yolks and whites of two eggs. Fill carelessly in a baking dish in which is a layer of chopped cooked meat (beef, veal or chicken) and gravy. Cover with tomato sauce and bake twenty minutes in a hot oven.

MRS. C. E. SANDERS.

MEATLESS MEAT LOAF

2 cups cold cooked beans	1 egg
2 cups bread crumbs	2 tablespoons melted butter
1 cup chopped walnuts	Salt and pepper to taste
1 bell pepper chopped	

Mix all ingredients thoroughly. Bake in a loaf tin about thirty minutes in a moderate oven. Garnish with walnut halves and serve with tomato sauce.

MRS. W. E. NELSON.

GNOCHII—ITALIAN DISH

PUT one quart of milk in a double boiler. When boiling add 1 cup of cream of wheat, small teaspoon of salt, let cook ten minutes, take from the fire, add two tablespoons of grated cheese, one egg, pour into a mould, leave to get cold.

TURN out, cut in slices, put in a baking dish with a little white sauce and grated cheese between each layer. Bake thirty minutes.

MRS. ANSON MCKIM.

BAKED BEANS

1 quart beans
 $\frac{1}{2}$ lb. salt pork
 $\frac{1}{4}$ cup sugar

1 teaspoonful salt
1 teaspoonful dry mustard
Pepper to taste

WASH beans thoroughly and boil until soft. Then place in bean pot with above ingredients. Baste frequently with hot water and bake in moderate oven for three hours.

MRS. C. F. RICHARDSON.

BOSTON BAKED BEANS

1 quart beans
 $\frac{1}{2}$ lb. salt pork
1 tablespoon salt

1 tablespoon molasses
2 tablespoons sugar
1 teaspoon dry mustard

WASH and pick beans over and soak overnight. In the morning drain, cover with cold water, bring slowly to the boiling point and boil until the skin will crack by blowing on them, about half an hour. Too much boiling makes mushy beans. Drain in colander, then pour into bean pot. When nearly full put in pork gashed through the rind. Then fill pot up with beans. Dissolve the seasonings in a cup of boiling water; pour over the beans. Then fill the pot with hot water, cover and bake slowly for seven or eight hours in a slow oven. Renew the water as it cooks away until nearly done, then uncover and brown beans and pork rind.

FRANK MCGILL.

BAKED MUSHROOMS

CUT off the stems and remove the skins of ten large mushrooms. Lay eight of them inside up in a baking dish. Chop the other two, also one silver skinned onion as finely as possible, add one-half teaspoonful each of salt and black pepper, and one-half saltspoonful of cayenne pepper, and fry in butter until a light brown. Fill the eight mushrooms evenly with the mixture and dredge the tops thickly with bread-crumbs, dotted over with bits of butter. Bake in a hot oven until the mushrooms are tender. Serve hot.

MUSHROOMS BAKED ON TOAST

TOAST bread on both sides and butter. Cover with mushrooms peeled and stemmed. Stem side up. Fill cavity with butter, season and broil until mushrooms are tender.

STEWED MUSHROOMS

SOAK mushrooms in cold water and a little salt, peel and remove stems. Flour them and put in a double boiler with butter, add some good thick cream, a little chopped parsley, lemon juice and pepper and a little sherry.

MRS. HERBERT MOLSON.

SAVORIES

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CHEESE

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CHEESE FONDU

MAKE 1 cup thin white sauce, stir in $\frac{1}{2}$ cup bread crumbs, $\frac{1}{4}$ lb. grated cheese, salt, pepper, yolks 2 eggs. Cook for 2 minutes. Stir in whites of eggs. Bake 20 minutes. Serve at once.

MRS. R. E. JAMIESON.

CHEESE SOUFFLE

3 yolks of eggs beaten well	$\frac{1}{2}$ teaspoon of salt
1 cup of milk	1 level teaspoon mustard
$\frac{3}{4}$ cup grated cheese	4 soda biscuits rolled fine

Add whites of eggs beaten stiff. Bake 20 minutes in moderate oven.

MRS. G. J. LEE.

CHEESE SOUFFLE

Mix a quarter of a pint of milk with about a dessert spoon of flour, and a pinch of salt. Put in a saucepan and stir over the fire until it thickens, add one-quarter lb. of cheese fine grated, and the yolks of two eggs. Beat all together and then having beaten the whites of the eggs into a stiff froth, add them to the rest and bake in a quick oven. Serve mustard and red pepper with the dish.

A. E. J. MILTON, (Steward), University Club.

CHEESE SOUFFLE

2 tablespoons butter	Few grains cayenne pepper
3 tablespoons flour	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup scalded milk	Yolks of 3 eggs, well beaten
$\frac{1}{2}$ teaspoon salt	Whites of 3 eggs beaten stiff and dry

MELT butter. Add flour. When well mixed add gradually the scalded milk. Then add salt, pepper, cheese. Remove from fire. Add yolks of eggs beaten until lemon coloured. Cool. Then cut and fold in whites of eggs. Pour in a buttered baking dish and bake for twenty minutes in a slow oven. Serve at once.

MRS. C. R. BOURNE.

CHEESE STRAWS

Two cups of grated cheese, same quantity of flour and a little salt and cayenne, a quarter of a pound of butter. Mix all together and then beat in one egg, adding about two tablespoonsful of cold water. Add flour enough to roll out very thin and cut into long straws. Bake in rather a quick oven.

MRS. W. O. H. DODDS.

WELSH RAREBIT (Without Ale)

MELT slowly two tablespoons of butter and $\frac{3}{4}$ pound soft cheese, either cut in pieces or grated. Mix one teaspoon mustard, $\frac{1}{2}$ teaspoon salt and paprika. Add slowly $\frac{1}{2}$ cup cream and two well beaten eggs. Pour all slowly into cheese, stirring constantly until smooth and thick, and pour over hot toast.

WELSH RAREBIT

1 pound cheese

1 tablespoon corn starch

1 glass beer or ale

1 egg

$\frac{1}{2}$ cup cream

Salt and paprika

DISSOLVE corn starch in cream. Beat egg and add to mixture. Add cut up or grated cheese. Put in double boiler or chafing dish and stir until cheese is melted. Add beer and season liberally with salt and paprika. Stir continually until right consistency for serving. Serve on toast or crackers.

BETTY SCARLETT.

WELSH RAREBIT

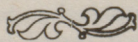
ONE tablespoon butter, half pound soft cheese cut small, half tablespoonful of mustard, little Cayenne, half cup thin cream. Put butter into stew pan, when melted add cheese and seasoning, as cheese melts add cream gradually. When smooth and creamy serve on buttered toast cut in one-half inch strips placed closely together.

C. N. R. Dining Car Service.

Crabapples.—Roll a small piece of cream cheese into a ball, put a whole clove in at each end, to form the eye and stem, drop one drop of cochinal on the cheese and spread it all over ball, let stand in cool place for few minutes.

Carrots.—Roll small piece of pimento cheese into shape of a tiny carrot, take a little bit of green from carrot top and put into end of cheese, let stand in cool place for few minutes.

MRS. R. BROCK THOMSON.



CANAPES

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ROQUEFORT AND MADEIRA CANAPES

THREE tablespoons of Roquefort cheese, one tablespoon of fresh butter, a pinch of Cayenne pepper, and sufficient Sherry or Madeira wine to make a creamy paste. Pound together in a mortar or smooth on a plate with a knife or spoon. Serve on toasted rounds of bread or crackers.

MRS. W. J. MORRISON.

SHRIMP AND OLIVE CANAPES

CUT eight rounds of bread, about two inches in diameter. Toast them lightly and spread with melted butter. Have ready a paste, made by chopping six shrimps fine, and mashing till smooth, with three tablespoons mayonnaise. Have ready also, one-fourth cup of stuffed olives, chopped with eight capers. Over the toasted rounds, spread the shrimp paste first, and then the chopped olive mixture. Serve at once.

JANE BUCKHAM.

STUFFED CELERY

USE crisp celery hearts. A good filling is made of Roquefort cheese, mashed to a cream, and mixed with a little tomato catsup, mayonnaise and finely chopped olives. Sprinkle with paprika.

MRS. G. R. BUCKHAM.

SARDINE CANAPES

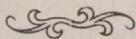
SPREAD circles of bread with a layer of sardines, pounded to a paste. Arrange on top, in circles resembling a rosette, lines of chopped hard-cooked egg, and chopped pickle.

JANE BUCKHAM.

TO SERVE WITH COCKTAILS

Roll pimento olives with piece of bacon, pinned with wooden tooth picks. Brown in oven.

MRS. JOHN MCLEAN.



SANDWICHES

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PYRAMID SANDWICH

THIS novelty sandwich is supposed to represent a full course dinner. Take five slices of thin brown bread buttered and cut into rounds with graded cutters so that each slice is a little smaller than the one preceding it. Place the largest slice on a bed of shredded lettuce and cover with one large slice of canned pineapple. This represents the sweet course. Next place the second largest slice of bread on which is placed the salad course of thin sliced firm cucumber and tomato with flavouring of mayonnaise. Then comes the meat course with sliced breast of chicken or boneless turkey sprinkled with salt and pepper. The fish course comes next with lobster or sardine and last of all the smallest slice with the Hors d'Oeuvre—olives are very nice for this and may be left whole on shredded lettuce or pimento olives sliced in rings.

CHEF, Edinburgh Cafe.

SAVORY SANDWICHES

$\frac{1}{4}$ cup butter
1 tablespoon lemon juice
1 tablespoon capers
4 gherkins chopped
6 olives chopped
Slight seasoning of onion
Mix well and spread between slices of white bread.

SPANISH onion, chopped and butter creamed with paprica between slices of rye bread.

CRUSHED maple sugar and thick cream with whole wheat nut bread. Nice for children's parties.

SWISS cheese and chives between thin slices of rye bread.

FRESH mint and parsley minced with cream cheese, slices of white bread.

CHOPPED stuffed olives, green pepper, onion and pickled cucumber rubbed into a pimento cheese highly seasoned with paprica and celery salt. Add $\frac{1}{2}$ teaspoon Worcestershire sauce and a good handful of chopped salted almonds. Spread between slices of fresh brown bread.

CREAM one-fourth cup butter with one tablespoon French mustard, half a teaspoon of Worcestershire sauce, paprica and celery salt. Add two hard-boiled eggs, minced, a tablespoon each capers and finely chopped pickle or olives.

SPREAD this mixture on thin slices of brown and white bread, put together alternately, using six slices together. Press firmly, wrap in damp cloth and set away until ready to use then remove crusts and cut in thin slices.

WALNUT SANDWICH FILLING

CUT tender celery into dice until you have a cupful. Mix with it two minced eggs that have been boiled twenty minutes, then left to cool in cold water until chilled through, mix with one cupful chopped walnuts and beat in two tablespoons of mayonnaise dressing. Spread between thin slices of buttered bread.

MRS. E. E. ROBBINS.

YUM-YUM SANDWICHES

MAKE filling of one cream cheese or an equal quantity of cottage cheese; two cups of minced ham and one small bunch of water-cress and cream them in ham. If desired add mayonnaise or French dressing. Spread between thin, unbuttered slices of white rye, or whole wheat bread.

M. J. PIERCE.

A SANDWICH SUPREME

BETWEEN thin slices of bread spread a white cream cheese, over the cheese a layer of any kind of jelly.

MAKES delicious sandwiches to serve with afternoon tea.

FRANCES F. C. GALE.

ASPARAGUS ROLLS

USE fresh sandwich loaf, 1 tin asparagus tips and thick mayonnaise. CUT loaf into thin slices, remove crusts and butter.

PLACE asparagus tips with mayonnaise in centre and roll.

MRS. DUNCAN ANDERSON.

CELERY ROLLS

SPREAD white bread with butter, then with cream cheese moistened with salad dressing. Roll each piece around a small piece of celery allowing the leaves to show at one end of roll.

MARJORIE SUTHERLAND.

BAR-LE-DUC

CREAM butter and add pounded English walnut meats. Spread this upon very thin slices of bread from which crust has been removed. Spread the jelly lightly on the bread and distribute a few of the currants over its surface. Cover with another slice of buttered bread, and press gently together.

MRS. G. R. BUCKHAM.

CAVIERE

3 tablespoons lemon juice

$\frac{1}{4}$ lb. Russian Caviere

3 tablespoons olive oil

BEAT until creamy. Put between thin white bread, cut in rounds and buttered.

CHEESE AND PIMENTO

USE two kinds of bread, one slice of each sandwich being brown, with top slice white and having a hole in it, through which the lower half, and filling show. Cut bread in rounds. Use filling of cream cheese, pimento and chopped olives mixed with mayonnaise

MRS. G. R. BUCKHAM.

CHEESE AND OLIVES

CREAM cheese, moistened with salad dressing (usual boiled dressing), add chopped stuffed olives to taste. Very good with white or brown bread.

MARJORIE SUTHERLAND.

DATE AND GINGER SANDWICH

CHOP dates and preserved ginger, moisten with syrup from ginger and lemon juice. Cook and use bread or lady fingers.

MRS. J. T. VENABLES.

EGGS AND OLIVE SANDWICHES

CHOP 2 hard-boiled eggs fine, add 12 large stuffed olives, which have been minced, season and moisten to a paste with mayonnaise. SPREAD between buttered slices of bread.

M. McDONALD.

FILLING FOR SANDWICHES

1 cup finely chopped celery

$\frac{1}{4}$ cup chopped olives

$\frac{1}{4}$ cup chopped nuts

Moisten with mayonnaise

PUT between brown bread.

FILLING FOR SANDWICHES

1 lb. cooked ham

1 large head of celery

$\frac{1}{2}$ lb. cheese

PUT through mincer then mix with salad dressing.

M. DUNPHY.

FILLING FOR SANDWICHES

AN unusual and tasty filling may be made by cutting tender celery very fine, breaking into small pieces crisp cooked bacon, add enough mayonnaise dressing to form proper consistency. Spread on buttered bread cut a trifle thicker than usual, and cut into inch wide sandwiches.

MRS. A. G. GARDNER.

HAMPTON SANDWICHES

$\frac{1}{4}$ cup stuffed olives chopped fine

2 tablespoons mayonnaise

2 hard boiled eggs chopped fine

dressing

1 can devilled ham

1 tablespoon chili sauce

Mix in order given.

SPREAD on thin slices of buttered white bread and cut into shape as desired.

ESTELLE LETTAU.

HOT SANDWICHES

CUT two slices bread (thin). Spread with butter. Put a layer of grated cheese on one slice, sprinkle with mustard, add other slice of bread.

PLACE in oven until bread is toasted on both sides.

PEGGY RICHARDSON.

CUT bread thin. Spread with layer of butter and cheese mixed with salad dressing. Roll and place in oven until toasted.

PEGGY RICHARDSON.

BACON AND CHEESE SANDWICH

White bread

Butter

Breakfast bacon

Cream cheese

BUTTER slices of bread, cut each in half. Lay a strip of bacon on each half and spread well with cream cheese. Place on bake sheet with cheese side up and cook slowly under gas broiler till cheese is nicely browned. Serve hot.

MRS. A. H. PEPPER.

TOASTED SANDWICHES

CREAM cheese moistened with Worcester sauce. Make the sandwiches spreading the cheese not too thick. Put together and toast on both sides.

MARJORIE SUTHERLAND.

CLUB SANDWICH

CUT two thick slices from a sandwich loaf, toast to a golden colour, and lightly butter with sweet butter. Cover one of the toasts with thin slices of cooked chicken, white meat, either boiled or roasted, season with fine salt and a little pepper. Broil 2 slices of bacon or ham, cut each slice in two and lay the pieces over the chicken. Spread a little mayonnaise over a leaf of lettuce, cover with other piece of toast and gently flatten with the hand. Neatly trim off crust all around. Cut in two triangular shapes, dress on a dish, place in oven for a minute and serve hot.

CHEF, Queen's Hotel.

CLUB SANDWICH

2 slices of bread, toasted

2 slices of broiled bacon

White meat of chicken

COVER toast with lettuce, chicken and place bacon on top with spoon of mayonnaise dressing over lettuce leaves, over which put the second toast. MUST be served hot.

CHEF, St. James Club.

MUSHROOM CLUB SANDWICH

ALLOW two slices of toast, two strips of bacon, four large mushrooms and two slices of tomato for each person to be served.

PEEL the mushrooms and chop the stems fine, leave the tops whole. Put a bit of butter on each cap and pan-broil until tender. Cook the stems in butter and let brown slightly.

SPREAD the cooked stems on a slice of toast, cover with a leaf of lettuce seasoned with mayonnaise, place the tomato on this and then the broiled mushrooms and the slices of crisp bacon.

PLACE the other slice of toast on top and cut on the diagonal.

CHEF, Edinburgh Cafe.

EGGS

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EGGs are a very necessary article in our diet and are used in all branches of cooking either to supply nourishment or add to the attractiveness of a dish. Eggs are palatable cooked or raw, hot or cold, often being served as an entree or used as a garnish.

CURRIED EGGS

6 hard boiled eggs $\frac{1}{2}$ teaspoon salt
1 cup curry sauce $\frac{1}{4}$ teaspoon paprika

Cut eggs in halves. Slice enough white off the end to make them stand upright. Sprinkle with salt and paprika. Serve on a hot platter with curry sauce poured around them. Nice for lunch.

EGGS BENEDICTINE

POACHED on toasted muffins, on which you have put a grilled slice of Virginia ham, add a soup spoon of Hollandaise sauce over the egg, a slice of truffle, serve on a doily.

C. H. SCHNEIDER,
Chef de Cuisine, Ritz Carlton Hotel.

EGGS BUCKINGHAM

Served to H.M. King Edward, at Ritters Park Hotel,
Bad Hambourg, in 1901

HARD boiled, slices, mixed with cream sauce, a few cooked fresh mushrooms sliced, well seasoned dressed on toast, sprinkle some grated Parmesan cheese all over, bake in hot oven, till nice golden brown color.

C. H. SCHNEIDER,
Chef de Cuisine, Ritz-Carlton Hotel.

EGGS DEVONSHIRE

Served to His Excellency the Duke of Devonshire, Ritz Carlton
Hotel, June 1919

TAKE hard boiled eggs, cut lengthwise in two, remove yolks, pass through sieve, mix with a little Virginia ham, chopped parsley, a little butter, and some cream sauce. Stuff each half egg with this preparation, place on a dish, pour over each a good rich cream sauce, in which you add fresh grated Parmesan cheese and brown in a hot oven.

C. H. SCHNEIDER,
Chef, Ritz Carlton Hotel.

EGG MOLLETS

BOIL your eggs five minutes, they must be put into boiling water—then take out and put into cold water and let stand for about ten minutes, then take shell off, cut a small piece off one end to make them stand and put on small round pieces of toast. Make a Bechamel and put some chopped truffles in it, pour round your egg and serve very hot.

MISS ALICE KANE.

FRENCH POACHED EGGS

HAVE saucepan nearly full of boiling water to which has been added 1 tablespoon each of vinegar and salt. When water is rapidly boiling stir round and round with a spoon till water is in a whirl, then in centre of whirl drop an egg, cook about 3 minutes, remove. Keep egg hot while cooking required number of eggs, one at a time. Place each egg on a round of toast, cover with hollandaise sauce and serve with spinach or asparagus tips.

MRS. W. E. NELSON.

OX EYES

CUT bread in rounds, toast and butter. Moisten each piece with 1 tablespoon of cream, break on it a fresh egg. Season with salt and paprika and bake slowly in moderate oven until white is set. Garnish with parsley and serve on individual plates.

BETTY SCARLETT.

SAVORY EGGS

BOIL hard as many eggs as are needed and cut them in half. Melt 2 oz. butter in saucepan, add $\frac{1}{2}$ cup sour cream, 1 dessert spoon of Bovril, 1 tablespoon Worcestershire sauce, pepper and salt. Lay eggs in sauce to re-heat. Serve on toast.

MRS. C. BRANDEIS.

SCRAMBLE EGGS ARGENTEUIL

USE asparagus tips. One-half of which should be mixed with eggs and the other used as garnish.

A. BURRI,
Chef, Place Viger Hotel.

SCRAMBLED EGGS

FOR six persons, allow 6 eggs and 1 tablespoon of milk, $\frac{1}{4}$ teaspoon of salt, A speck of pepper and $\frac{1}{2}$ teaspoon butter to each egg. Break the eggs into a bowl, add seasoning and milk, and beat slightly. Heat butter in pan, add egg mixture, do not stir, but as the egg cooks scrape gently from bottom of the dish. Remove from the fire before it is quite firm—turn into a hot dish and serve quickly. This may be varied by using, instead of the milk, strained tomato, soup stock, or gravy.

BETTY SCARLETT.

SHIRRED EGGS

6 eggs
6 tablespoons of cream

1 tablespoon butter
Salt and pepper

BUTTER a pie pan or shallow baking dish. Break eggs and put whole in dish. Put a tablespoon of cream on each, salt and pepper or paprika. Bake in moderate oven until set—about ten minutes.

GLADYS F. MORRISON.

STUFFED EGGS

6 hard boiled eggs
1 tablespoon salad dressing
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon mustard
1 tablespoon vinegar

3 tablespoons minced ham or anchovy paste or caviar or any desired savory.

CUT eggs in half, remove yolks. Rub yolks to a paste, moisten with vinegar, add other ingredients and put back in whites. Put halves together, roll in wax paper and take for a pic-nic.

MRS. MORLEY A. DAY.

PEPPERS AND EGGS

SELECT green peppers of uniform size; cut peppers in two lengthwise, remove the seeds and rinse well. Place in kettle of boiling water ten minutes. Remove and drain well, line each half with buttered crumbs and grated ham. Break an egg carefully into each half, and place a tiny bit of butter on top of each one, and dust with salt and pepper. Bake until white is set and serve hot on round buttered toast.

MRS. J. L. SLATTERY.

EGGS—SCOTCH STYLE

BOIL eggs for twenty minutes then shell them and put them in cold water. Have ready some nice fresh pork sausage minced fine, dip eggs in flour and then coat it with sausage meat. Beat one egg and dip the covered eggs in it and then roll them in bread crumbs. Fry in hot fat until a nice golden brown, drain and cut in half, serve either hot or cold with a garnishing of parsley.

M. LINDSAY.

PLAIN OMELET

4 eggs
 $\frac{1}{2}$ teaspoon salt
1-8 teaspoon pepper

4 tablespoons milk
1 teaspoon butter

BREAK whites and yolks separately, beating each until very light. Add liquid and seasonings to yolks; fold yolks into whites, stirring as little as possible. Have pan hot, melt butter and pour in the mixture. Cook over a slow fire until well browned on bottom then set in the

oven until top is set. Fold carefully and turn on a hot dish. Serve at once.

THIS omelet is delicious made with ham chopped, green peas, asparagus tips or chopped sweet corn cut from cob. Vegetables should be cooked, seasoned and spread on just before folding the omelet. Ham may be folded in or mixed with batter.

THREE tablespoons fresh mushrooms chopped and fried in a little butter and folded in are nice.

MRS. W. J. MORRISON.

SPANISH OMELET

6 eggs	1 small onion, chopped fine
4 rashers of bacon	1 tomato, chopped fine
Salt and pepper	5 mushrooms, chopped fine

FRY bacon, cut in small pieces, until crisp and add chopped vegetables. Cook for fifteen minutes.

BREAK the eggs in a bowl, add seasonings, beat slightly and turn into a hot buttered frying pan. Bake until nearly set, spread vegetables and bacon quickly over and fold. Set in oven for one minute. Turn out on a hot platter and serve with Tomato sauce.

MRS. REX CROASDELL.

SPANISH OMELET

4 eggs	$\frac{1}{2}$ teaspoon salt
4 tablespoons water	$\frac{1}{2}$ teaspoon pepper
2 tablespoons butter	

BEAT eggs slightly, just enough to blend yolks and whites, add the water and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture, as it cooks, pick and prick up with a fork until the whole is of creamy consistency. Place on hotter part of stove that it may brown quickly underneath, fold and turn on hot platter. Serve with tomato sauce in the center and around omelet.

TOMATO SAUCE. Cook two tablespoons of butter with one tablespoon of finely chopped onion, until yellow. Add one and three-fourths ($1\frac{3}{4}$) cups tomatoes, and cook until moisture has nearly evaporated. Add 1 tablespoon sliced mushrooms, 1 tablespoon capers, $\frac{1}{4}$ teaspoon salt, and a few grains cayenne. This is improved by a small piece of red or green pepper, finely chopped, cooked with butter and onion.

W. R. GRANGER,
Past President of M.A.A.A.

TOMATO OMELET

6 tomatoes, skinned and cooked and put through sieve. Add 3 tablespoons of rolled crackers, 4 well beaten eggs, 4 tablespoons milk. Pour in a buttered pan and either cook in oven or on top of stove as preferred.

MRS. J. W. NORCROSS.

SALADS & SALAD DRESSINGS

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ALL salads are suitable for luncheon or supper. Only vegetable or fruit-salad should be served with dinner. If served as a course at a dinner, cheese is a suitable accompaniment. French dressing should be mixed immediately before serving, and is very often prepared at the table.

CHICKEN SALAD

3 chickens chopped fine (both light and dark meat) the juice of two lemons, six or eight eggs boiled hard—the whites chopped fine and mixed with chicken—the yolks mashed fine, moistened with 6 teaspoons melted butter, 2 of sweet oil to which add 1 tablespoon of mustard, $\frac{1}{2}$ tablespoon pepper, 1 tablespoon of salt, 1 tablespoon sugar, 3 tablespoons of sweet cream and last add 6 heads of celery chopped fine with sufficient vinegar to moisten the whole. Capers may be added if liked.

CHICKEN SALAD

Cook chicken slowly in boiling water with a slice each of onion and lemon, a bay leaf, a sprig of parsley and salt. Cool in the liquor, then cut into cubes, rejecting all the skin and fat. Take a pint of meat and marinate with French dressing. Have ready a cup of chopped celery, thoroughly chilled and half a cup of walnuts or blanched almonds, split and mix these with the chicken. Just before serving moisten well with mayonnaise, mound on a bed of lettuce and garnish with hard boiled eggs, capers and celery tips.

BETTY SCARLETT

LOBSTER SALAD

SEPARATE and free from shell one large tin of lobster, being careful not to mash. Mix with one cup diced celery and marinate with French dressing. Set on ice until very cold. Mix carefully with mayonnaise, arrange on crisp lettuce. Put a teaspoonful of cream mayonnaise on each serving, garnish with hard boiled eggs, quartered, gherkins and stuffed olives. Sprinkle with paprika.

MRS. W. J. MORRISON.

FISH SALAD

REMOVE salmon from can, rinse thoroughly with hot water and separate in flakes; there should be one cup. Mix $\frac{1}{2}$ teaspoon salt a few grains each mustard and paprika, one tablespoons melted butter, 2 tablespoons cream, 4 tablespoons water, 2 tablespoons vinegar and yolk of 4 eggs; cook over hot water until mixture thickens; then add 1 teaspoon granulated gelatine soaked in four teaspoons cold water.

Add to salmon, mould, chill, and serve with cucumber sauce.

SAUCE: Beat 4 tablespoons heavy cream until stiff, season with salt and pepper and add, gradually, 4 teaspoons vinegar and cucumber pared, chopped, and drained.

MRS. C. P. DERY.

SALMON SALAD

1 can salmon	1 cup salad dressing
1 cup celery (chopped fine)	Lettuce leaves
2 eggs (hard boiled)	Olives (pitted)

POUR off oil from the salmon, remove bones and skin, mix slightly with fork, add celery, and egg chopped fine, then salad dressing. Place lettuce leaves around dish and salad in the centre, garnish with olives.

MRS. E. E. ROBBINS.

SUNDAY NIGHT SALAD

HAVE in readiness twelve small round tomatoes, centres scooped out and filled with cut celery and green pepper mixed with mayonnaise and a teaspoon of grated onion. Twelve hard boiled eggs cut in half, yolks removed, mashed with mayonnaise, salt and capers, and put back in whites. Cut a slice off the bottom so whites will stand up. ONE cream cheese mashed and mixed with chopped stuffed olives and formed into balls. Roll in chopped parsley.

FRESHLY boiled asparagus tips or canned asparagus. Six pieces slipped through a ring of canned red pimento. Make twelve of these.

THREE cucumbers peeled and cut in quarters lengthwise.

PLACE these on serving dish with suitable colors alternating. A large oblong platter is best. Surround with shredded lettuce and watercress. Serve with cheese straws, brown bread or salad rolls and hot coffee.

MRS. W. J. MORRISON.

COMBINATION SALAD

6 medium sized tomatoes	String beans (cooked)
1 cucumber (cut in cubes)	Celery
1 small onion	2 eggs (hard boiled)
Peas (cooked)	Salad dressing

SELECT medium sized, firm tomatoes, wash, and remove pulp, leaving outer shell. Arrange each one on a leaf of crisp lettuce. To the pulp add cucumber cubes, and peas, onion, celery, beans cut up fine. Season to taste. Fill the tomato shells with the mixture. Top with slice of egg and salad dressing.

MRS. Z. R. LAFLECHE.

POTATO SALAD

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|---|------------------|
| 1 pint cold cooked potatoes
cut in cubes | 1 cup mayonnaise |
| ½ cup diced celery | Salt and pepper |
| 1 cucumber diced | Celery seed |
| 1 small onion chopped fine | Paprika |
| | 1 canned pimento |

Toss vegetables carefully together, season with salt and pepper. Arrange on crisp lettuce leaves. Add the dressing, do not stir but lift carefully with fork. Garnish with strips of pimento and sprinkle with celery seed and paprika.

MISS EVA SPROULE.

POTATO SALAD

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|--|------------------------|
| 2 cups chopped cold cooked potatoes | 2 cups chopped lettuce |
| 2 cups celery | 1 chopped cucumber |
| 1 or 2 finely chopped
green peppers | 1 or 2 pickled onions |
| 2 or 3 chopped apples | a little salt |

STIR well in a bowl, add rings of tomatoes, green peppers and boiled eggs to garnish. Never use raw onions in this salad.

MISS BICKLEY.

STUFFED TOMATO SALAD

SKIN and remove pulp from medium sized tomatoes, sprinkle with salt and let stand until chilled. Drain and use the following filling, cut fine, mixed with mayonnaise, 2 hard cooked eggs, few sprigs parsley, 3 or 4 stalks celery, suspicion of onion. Fill tomatoes and sprinkle with paprika. Serve on crisp lettuce hearts.

MRS. F. W. BRANSCOMBE.

CUCUMBER BASKETS

SELECT three large regular shaped cucumbers, cut a piece from both the stem and blossom end of each; then cut in halves cross wise.

Cut two pieces from each section, leaving remaining piece in shape of basket with handles. Remove pulp and seeds in sufficiently large pieces to cut in cubes, for refilling one-half the basket, the remaining half being filled with pieces of tomatoes. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French dressing.

MRS. C. E. GAULT.

CELERY AND CABBAGE SALAD

JUICE half a lemon, one package lemon jelly, teaspoon salt, quarter cup vinegar, one and three-quarters cups boiling water.

WHEN partly set add one cup of celery, one cup finely chopped cabbage, half small tin pimiento chopped fine, when firm serve with salad dressing.

MRS. H. MACKENZIE.

CABBAGE SALAD

2 quarts raw cabbage shredded fine, add 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper. For dressing take 1 cup vinegar, 1 egg, 2 teaspoons sugar, 2 teaspoons butter, 2 teaspoons flour, 2 teaspoons mustard. Stir all together then cook until thick. Pour over cabbage while hot and mix thoroughly. Cover and put to cool before serving.

A. BURRI,

Chef, Place Viger Hotel, Montreal.

JELLIED SALAD

$\frac{1}{2}$ can of tomatoes	$\frac{1}{2}$ cup of boiling water
2 slices of onion	4 celery stalks
Pinch of soda	$\frac{1}{2}$ tin of green peas
$\frac{1}{4}$ teaspoon of salt	$\frac{1}{2}$ small can of pimentos
1 package of orange Jelly	

COOK tomatoes, salt, onions and soda for ten minutes. Rub all this through a sieve. Pour over it orange Jelly which has been dissolved in boiling water. Add the chopped celery, green peas and pimentos. Set in small moulds to stiffen.

MRS. E. S. HAMILTON.

WALDORF SALAD

1 cup diced apples	1 tablespoonful lemon juice
1 cup diced celery	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup walnuts broken in pieces	1 cup mayonnaise

Mix celery, nuts and apples, sprinkle with salt and lemon juice. Put on crisp lettuce, cover with dressing. Garnish with stuffed olives or small gherkins cut in four pieces.

STUFFED BEET SALAD

BOIL new small beets until tender, put into vinegar over one night. Rub off skin at serving time and scoup out center, arrange on lettuce. Fill with chopped cucumber, radish, olives, celery and salad dressing and cut top of beet taken off when scooping out, in fancy star shape and place on top.

B. E. VENEABLES.

SALAD FAVORITE

DRESS in a few lettuce leaves, some asparagus tips with a crown of fine julienne of celery and green peppers. Serve it with a mayonnaise dressing to which you have added an equal quantity of whipped cream.

A. GOIS,

Chef de Cuisine, Windsor Hotel.

MILADY SALAD

HEAD of lettuce, sliced oranges, pineapple, grapefruit and slices of apple upright. Decorate with cherries, mayonnaise with whipped cream.

A. BURRI,
Chef, Place Viger Hotel, Montreal.

ROQUEFORT SALAD

FOR two heads iceberg lettuce allow half a cupful of roquefort cheese, crumbled in tiny bits. Make a French dressing with half a teaspoon each of salt and paprika, three tablespoonfuls of vinegar and half a cup of olive oil. Blend carefully with the cheese and pour over the lettuce cut in sections and arranged in salad bowl.

MRS. W. J. MORRISON.

COTTAGE CHEESE SALAD WITH PEPPERS

TAKE 6 large green peppers, cut small ends off and scoop out the seeds. To one pint of cottage cheese or Dutch Cheese take one-half pint of chopped nut meats and season with salt and pepper. Add Windsor salad dressing to make the cheese into a smooth paste. Stuff the peppers, pressing down firmly, and set where it is cool. Slice with sharp knife in circles and serve on a lettuce leaf.

MRS. CHARLES J. O'BRIEN.

STUFFED DATE SALAD

STONE 1 dozen large well shaped dates, stuff with a good cream cheese. Sprinkle with paprika and dish on crisp lettuce leaves with whipped cream dressing in centre.

MISS LOUITTIT.

WHIPPED CREAM DRESSING

BEAT one cup of double cream, one-fourth a teaspoonful of paprika, one-fourth a teaspoonful of salt, and two tablespoonful of lemon juice until firm throughout.

MISS LOUITTIT.

FRUIT SALAD

½ pound Malaga grapes	1 orange
2 pears	1 head lettuce
1 grapefruit	

WASH, peel; remove seeds from all fruit; cut grapes into halves, pears in lengthwise pieces, grapefruit and orange into sections; allow to stand on ice. Serve on lettuce leaves with French dressing. Alligator pears, cassaba melon or other fruit may be substituted for above.

MRS. JAMES CLEGHORN.

FRUIT SALAD

ARRANGE lettuce on plates, put half a banana on each cut apple and celery very fine, put next to banana, then some preserved peaches, cover with salad dressing and a few chopped almonds on top.

MRS. BROCK THOMSON.

FRUIT SALAD

1 tin pears	3 bananas
1 tin apricots	1 tablespoon chopped nuts
1 tin sliced pineapple	

CUT fruit in small pieces, put on lettuce leaf, add nuts and top with salad dressing to which is added $\frac{1}{2}$ cup of stiffly whipped cream.

MRS. ALLAN CAMERON.

GRAPE FRUIT SALAD

PEEL grapefruit and divide in sections. Peel sections, keeping as whole as possible. Serve on hearts of iceberg lettuce cut in sections with French dressing, add one maraschino cherry to each plate.

HILDA LITTLE.

GRAPE FRUIT SALAD

PEEL grape fruit. Divide into sections and skin. Place lettuce on plate centre with sections of grape fruit, covered with two tablespoonfuls of following dressing:—

1 teaspoonful of salt	4 tablespoonfuls of Tarregon
2 tablespoonfuls of icing sugar	Vinegar
$\frac{1}{2}$ teaspoonful of paprika	10 tablespoonfuls of olive oil
Dash of Cayenne	

PUT dry ingredients into a bowl well rubbed with garlic. Add vinegar. Stir until smooth, beat in oil little by little with turbine beater.

SERVE very cold.

BLACKSTONE SALAD

LETTUCE cut horizontal, pineapple in rings, quartered grape fruit and orange round, ball of cream cheese in centre.

BAR le duc jelly (red) on top of cheese. Garnish with whipped cream.

CANADIAN PACIFIC RAILWAY.

PINEAPPLE SALAD

$\frac{1}{2}$ cup Cox gelatine, $\frac{1}{2}$ cup cucumber, $\frac{1}{2}$ cup sliced pineapple, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup boiling water, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup mild vinegar, 2-3 cup pineapple juice, 1 tablespoon lemon juice, pinch of salt.

CUT cucumber and pineapple fine, add to gelatine which has been soaked in cold water and dissolved in boiling water. Add other ingredients and turn into small molds. Serve on lettuce with mayonnaise.

MRS. J. C. O'BRIEN.

MAYONNAISE DRESSING

1 or 2 egg yolks	$\frac{1}{2}$ teaspoon powdered sugar
1 teaspoon salt	About two cups olive oil
$\frac{1}{2}$ teaspoon mustard	About 3 tablespoons vinegar
$\frac{1}{4}$ teaspoon white pepper	

Mix dry ingredients, add the egg yolk, stir well and add, drop by drop, olive oil, beating constantly. As mixture thickens, add lemon juice or vinegar, add more oil, take egg beater now and keep adding oil and vinegar now in larger quantities until all is used. If oil is added too rapidly mixture will curdle in which case break new yolk in another bowl, beat until thick and add the curdled mixture slowly to it.

ALL ingredients and utensils should be cold. Mayonnaise should be stiff enough to hold its shape. Put in glass jar tightly covered and keep in cold place until needed. To make cream mayonnaise add stiffly beaten cream to above at serving time. To color green, chop parsley leaves and pound with small quantity of lemon juice—strain and add to mayonnaise. To color red add one tablespoonful of lobster coral to mayonnaise.

FRENCH DRESSING

4 tablespoons olive oil	$\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar	Good dash paprika
	$\frac{1}{4}$ teaspoon mustard

PUT all in bowl and beat hard with egg beater. A turbine beater is best.

SALAD DRESSING

8 tablespoons olive oil	Rind of one lemon (grated)
1 tablespoon vinegar	$\frac{1}{4}$ onion (grated)
Juice of 2 lemons	$1\frac{1}{2}$ tablespoons of sugar

Grate two stalks of celery. Add salt and paprika to taste. Beat oil, vinegar and lemon juice and add other ingredients.

F. G. WOODS,

Director M.A.A.A

THOUSAND ISLAND SALAD DRESSING

A base of mayonnaise to which has been added some chili or tomato sauce. Then carefully mix in the following:—Finely chopped small bunch chives, one or two pimentos, hard boiled egg, one green pepper (small), a little paprika and salt to taste.

A. F. J. MILTON,

(Steward), University Club.

SALAD MIXTURE

THE yolks of two hard boiled eggs pounded in a mortar to a paste, two cold boiled potatoes passed through a sieve. Pepper and salt to taste. Four tablespoonsful of oil, three of vinegar, one large teaspoonful of Anchovy sauce, one teaspoon of made mustard, one cupful of cream.

MRS. W. O. H. DODDS.

DRESSING FOR LETTUCE

2 hard boiled eggs—remove the yolks and mash fine in a cup with 1 teaspoon sugar and $\frac{1}{2}$ teaspoon mustard and salt spoon salt. Add cream gradually until the cup is 2-3 full, then add vinegar until cup is full. Have lettuce ready with whites cut in rings on top and cover with dressing.

MRS. J. W. NORCROSS.

EGGLESS MAYONNAISE

3 tablespoonfuls Borden's Evaporated milk, undiluted.
 $\frac{1}{2}$ teaspoon salt 2 tablespoons vinegar
 $\frac{1}{4}$ teaspoon mustard $\frac{3}{4}$ cup salad oil
 $\frac{1}{4}$ teaspoon pepper

COMBINE the seasonings, add the milk and gradually beat in the oil with an egg beater. Then whip in the vinegar. Put in a covered jar in cool place. Will keep indefinitely.

RUSSIAN SALAD DRESSING

3 wine glasses of tomato catsup 2 green peppers Cut both
2 $\frac{1}{2}$ wine glasses of vinegar 2 onions fine
2 $\frac{1}{2}$ wine glasses olive oil 2 tablespoonsful sugar
1 teaspoonful salt

SHAKE well in jar before using.

LADY BERTRAM.

SALAD DRESSING

2 eggs $\frac{1}{2}$ tablespoon salt
3 tablespoons flour $\frac{1}{2}$ tablespoon mustard
3 tablespoons sugar

Mix to a paste and pour over 1 cup water and 1 cup white wine vinegar, boiling; add $\frac{1}{2}$ cup butter. Thin with cream when cold. This will keep indefinitely.

MRS. F. N. LEARMONTH.

MAYONNAISE DRESSING

FOR $\frac{1}{2}$ pint of thick dressing.

FIRST. Beat one egg and two teaspoonfuls of sugar together, add butter size of walnut. Salt and pepper to taste.

SECOND. One teaspoonful of dry mustard, two teaspoonfuls of flour, mix these together with a little vinegar. Then add No. 1 and No. 2 together and one-half cup of vinegar. Place in double boiler and cook until thick, when cool thin with sour cream.

HARRY TURNER,

Past Pres. M.A.A.A. Boxing Club.

COOKED MAYONNAISE

2 eggs well beaten	1 dessertspoon of salt
1 tablespoon of sugar	1 pinch of cayenne pepper
1 tablespoon of flour	$\frac{1}{4}$ cup vinegar
1 tablespoon of mustard	

STIR until thick in double boiler. Add cream.

FRANK MCGILL,
Director M.A.A.A.

SALAD DRESSING

2 eggs	
1 can Borden's Eagle Brand condensed milk	
1 cup of vinegar	1 teaspoon mustard
1 teaspoon salt	$\frac{1}{2}$ teaspoon pepper

PUT milk into quart jar, adding yolks of eggs and shake or stir until well mixed, mix salt, mustard and pepper smooth, with a little of the vinegar, and put in jar, add rest of vinegar mixing well. Beat whites of eggs and add, stirring well together.

MRS. J. STEWART.

HOME MADE SALAD DRESSING

2 eggs, well beaten	1 teaspoonful mustard
4 tablespoons of sugar	$1\frac{1}{2}$ tablespoons flour
1 teaspoonful salt	
1 cup of sweet milk, blend all together.	

BOIL $\frac{1}{2}$ cup of cider vinegar, 1 teaspoon butter. When vinegar is boiling dash in egg mixture and cook until like cream, stirring constantly.

MRS. A. H. FLINT.

FRUIT SALAD DRESSING

2 eggs	$\frac{1}{8}$ th teaspoon salt
2 tablespoons butter	6 tablespoons pineapple juice
3 tablespoons sugar	$\frac{1}{2}$ pint heavy cream

METHOD. Beat eggs slightly. Add sugar, salt, butter and pineapple juice. Cook over boiling water, stirring constantly until mixture will coat a silver spoon. Cool. Beat cream until stiff, then fold in pineapple custard. Serve on fruit salad.

Y.W.C.A. COOKING SCHOOL.

VEGETABLES

GREEN vegetables should be cooked as soon after picking as possible. Wilted vegetables may be freshened by placing in cold water. Lettuce, celery, parsley, cress should be washed and, while wet, put in an airtight vessel or wrapped in a damp cloth and kept in the refrigerator until required. Canned vegetables should be emptied from the can at least an hour before using. The water in which vegetables are boiled contain valuable mineral salts and should be used for soups or making gravy or stews.

ASPARAGUS

WASH asparagus carefully, cut ends until tender part is reached. Stand upright in boiling salted water and cook gently until tender. Drain in colander. Serve in hot vegetable dish. Put $\frac{1}{4}$ cup butter, melted in small pan, add one teaspoon salt, $\frac{1}{2}$ teaspoon paprika. When melted and frothy add one tablespoon malt vinegar, stir quickly and pour over asparagus.

OR serve asparagus on slices of buttered toast with Hollandaise sauce.

ASPARAGUS RAREBIT

SOFTEN two tablespoonfuls of butter in a quart saucepan and blend with it one tablespoonful and one-half of flour. Add one half a cup of milk and cook to a thick paste. Add one cup and one-half of hard cheese, grated. Season with one-half a teaspoonful each of salt and pepper and one teaspoonful of tomato catsup. Stir over the fire until the cheese is melted, add enough paprika to redden the mixture and lastly stir in one to two cups of cooked asparagus, cut in short lengths. Serve on hot fresh buttered toast with or without a garnish of sweet pickled cucumber rings.

EDINBURGH CAFE.

STRING BEANS

WASH, remove strings, and snap into half inch pieces. Cook in boiling water, uncovered until tender. Add salt when nearly done. Let water boil away. Serve in hot dish with plenty of butter.

CABBAGE

REMOVE outer leaves, cut in quarters and lay face down in cold salted water for an hour or longer. Boil in plenty of water—forty minutes, if young, longer if old. Drain in a colander, cut and press repeatedly. Serve in hot dish, well seasoned and with plenty of butter. A little vinegar, if desired, or with a cream sauce.

CABBAGE AU GRATIN

PUT cold boiled cabbage in a well-buttered baking dish; pour over a cup of white sauce; cover with buttered crumbs and grated cheese. Brown in oven and serve in same dish.

CREAM CABBAGE

BOIL, until tender, a small cabbage which has been chopped fine. Drain water. Add milk or part cream with a little flour for thickening. If no cream about 1 teaspoonful of butter will improve the flavor. Season to taste. Easily digested.

MRS. Z. R. LAFLECHE.

CAULIFLOWER

TRIM off outside leaves and break in flowerets, and lay in cold salted water for an hour. Cook in boiling salted water for twenty minutes or until tender. Dress as desired. Hollandaise or cream sauce, or with plenty of butter, pepper and salt. If boiled whole, drain, sprinkle with buttered bread crumbs and salt, and paprika, in hot buttered baking dish and brown quickly in hot oven.

CAULIFLOWER CLUSTERS

WHEN flowerets are cooked as above, drain well and roll each piece in seasoned bread crumbs. Beat two eggs slightly with three tablespoons water, roll each piece in this liquid and again in crumbs. Fry in deep hot fat, drain on brown paper, and use for a garnish with fried chicken or fried sweet breads.

MOUSSE DE CHOUFLEUR

1 large cauliflower	3 eggs
1 oz. butter	Salt and pepper
½ pint Bechamel sauce	

TRIM and soak cauliflower in salted water for about one hour, then boil it with some of the tender green leaves attached in salted boiling water until done. Take it out, drain well, and let it get cold. Press it in a cloth to remove all water. Rub through a hair sieve. Put your butter and eggs into your Bechamel sauce, when thick put in the cauliflower juice. Mix season with salt and pepper, stir well together. Take the pan off the fire, beat in the yolks of eggs. Beat the whites to a stiff froth and stir these lightly with the mixture. Butter some china or paper ramaquins, fill them two-thirds full, put them in the oven for about 15 minutes. When cooked serve very hot:

MISS ALICE KANE.

SPRING CARROTS

WASH with a brush and scrape. If small cook whole or cut in strips lengthwise and cook about half an hour. Season with salt, pepper and butter or serve in white sauce.

CORN ON THE COB

HUSK corn only when ready to cook. Drop into boiling salted water. Ten minutes is sufficient for new corn. Wrap at once in napkin and send to the table covered, as skin toughens if allowed to dry hot. Serve with plenty of butter. Always have paprika and salt for corn.

CORN AND PEPPER HASH

LEFT over corn may be used by cutting from the ears and baking. Fry a green pepper and onion chopped in butter, add to this flour and milk enough to make a sauce. Pour over corn in buttered baking dish, season with salt and paprika. Cover with buttered crumbs and brown in oven.

CORN OYSTERS

To one can of corn, add salt, paprika, half a cup of flour, sifted with $\frac{1}{2}$ teaspoon baking powder, one tablespoon of butter melted, and two well beaten eggs. Fry on a griddle by the spoonful, brown on both sides and serve very hot.

SCALLOPED POTATOES

1 quart sliced raw potatoes	3 tablespoons flour
2 cups scalded milk	1 teaspoon salt
4 tablespoons butter	$\frac{1}{4}$ teaspoon pepper

COVER the bottom of a buttered baking dish with a layer of sliced potatoes. Sprinkle with salt and pepper and flour, dot with butter. Repeat until materials are used.

POUR over all the scalded milk and bake one hour in moderate oven.

STUFFED BROWNE POTATOES

6 large baked potatoes
 $\frac{3}{4}$ cup hot milk
2 teaspoons salt and $\frac{1}{8}$ teaspoon paprika
2 tablespoons butter

TAKE baked potatoes from oven, cut top off lengthwise. Scoop out the centres, mash thoroughly add to above ingredients, mix well, place back in shells, cover with fine bread crumbs. Put back in oven till a golden brown (about 10 minutes).

MRS. C. G. PATTERSON.

LYONNAISE POTATOES

6 boiled potatoes
2 tablespoons butter
1 onion chopped fine
1 teaspoon salt

$\frac{1}{8}$ teaspoon pepper
1 teaspoon minced parsley
 $\frac{1}{4}$ teaspoon lemon juice

COOK butter and onions in frying pan, add the potatoes, chopped, and seasonings and fry a nice brown. Just before serving add parsley and lemon juice.

POMMES DE TERRE A LA MENTHE

New potatoes boiled with salt and mint.

CANADIAN PACIFIC RAILWAY.

FRENCH FRIED POTATOES

PARÉ potatoes and throw into cold water for at least an hour. Cut in slices or any fancy shape and dry on a towel. Drop quickly in deep fat hot enough to brown them by the time they come to the surface. They are done when they float. Drain on brown paper, sprinkle with salt and serve hot.

SWEET POTATOES AND MARSHMALLOWS

BOIL sweet potatoes until cooked, mash, add butter, a pinch of allspice and cinnamon and add a little Maple syrup. Place in a bake pan and allow to cool. Place marshmallows over top and bake in oven until they become puffed and well toasted.

MRS. J. L. SLATTERY.

GLAZED SWEET POTATOES

WASH and pare four sweet potatoes, and cut in half inch slices. Melt in a baking dish three tablespoonfuls of butter, add as many potato slices as will fit without overlapping and cook on both sides to a nice brown. Proceed similarly until all the slices have been browned, then place in the baking dish and sprinkle with salt and pepper. Cook one cup of brown sugar and one tablespoonful of butter in one-third a cup of water for five minutes after boiling has commenced, pour this over the potatoes and cook in a moderate oven until the potatoes are hot through.

EDINBURGH CAFE.

GLAZED SWEET POTATOES

6 medium sized sweet potatoes $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup sugar 1 tablespoonful butter

SCRUB, rinse and pare potatoes. Cook 10 minutes in boiling salted water. Drain, cut in halves lengthwise and place in buttered pan. Make syrup by boiling sugar and water 3 minutes. Add butter. Pour one-half syrup over potatoes, and bake 15 minutes, basting twice with remaining syrup.

MRS. G. R. BUCKHAM.

PETITS POIS A LA FRANCAISE

NEW peas, shredded lettuce, bacon and spring onions, melted butter mixed with little flour, sugar, salt, and pepper placed in pan with sufficient stock to cover and bake in hot oven, 25 minutes.

CANADIAN PACIFIC RAILWAY.

GREEN PEAS

SHELL the peas and cook in boiling water to half cover in an uncovered dish about twenty minutes. Salt when almost cooked. Let water cook almost away. Add butter and serve hot. Or cream may be substituted for butter.

PEAS should be cooked as soon after picking as possible.

GREEN PEPPERS STUFFED WITH RICE

CUT off thin slice from top of each pepper and remove seeds and pulp. Parboil the peppers about ten minutes, drain them, fill the centers with mixture of boiled rice and grated cheese. Season with salt and pepper. Sprinkle top with grated cheese and paprika and bake in moderate oven until peppers are tender.

MRS. CHARLES J. O'BRIEN.

STUFFED GREEN PEPPERS

CUT stem end from six peppers and remove seeds, scald ten minutes and drain. Mix one cup bread crumbs or rice (boiled), two teaspoons melted butter, $\frac{1}{2}$ teaspoon salt and one egg, add one cup cooked chicken or sausage meat, or any left over meat. Moisten slightly with stock. Fill peppers and place on buttered dish and bake half an hour. Baste with stock or left over gravy if pan gets dry.

HAM and mushrooms make nice stuffing for peppers, added as the meat in above or a well seasoned cheese mixture with rice. Any force-meat or fowl dressing will be good.

BOILED RICE

1 cup rice
2 quarts boiling water

1 tablespoon salt

WASH rice thoroughly in several changes of water until water is clear. Cook rapidly in boiling salted water for thirty minutes. Drain in strainer and pour boiling water over it. Shake slightly and let stand in warm oven until ready to serve.

SPANISH RICE

½ cup rice
1 medium onion—salt and pepper
1 green sweet pepper

COOK rice without stirring in plenty of water. Fry the onion and pepper in butter and chop up. Drain rice and add all together. Serve with slices of tomato fried and put around the rice.

MRS. JOHN MCLEAN.

SPINACH

PICK over carefully while dry and throw into cold water. Wash in at least three separate waters. Put spinach in large kettle without adding any water, set on the stove where it will cook slowly till juice is drawn, then cook until tender, drain and chop fine. Add plenty of butter. Season with salt and garnish with hard boiled egg, either sliced or chopped.

EPINARES AU JUS

BOIL your spinach till tender, drain off water and pour cold water over it, then press all water out. Then make a small Bechamel (White Sauce) with very little milk and add it to your spinach which you have previously well chopped and add a little glaze de viande, and a small piece of butter. Don't forget pepper and salt. Serve very hot with croutons fried in butter.

MISS HARRIET KANE.

TOMATOES

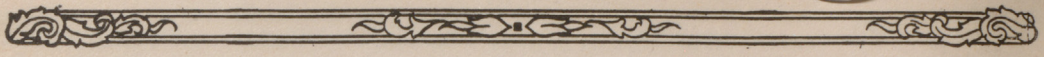
To be served raw should be peeled and chilled. Then they may be sliced and served plain or used as salad combining with any other vegetable.

Stewed: Peel, cut and boil gently fifteen minutes. Season with salt, pepper and butter. If too acid add one pinch of soda, or a little sugar.

Baked: Do not peel, but cut slice from stem end. Scoop out a little, add a lump of butter, season with salt and pepper and a little onion juice if liked. Place in buttered baking dish and bake in hot oven until tender. A few buttered crumbs over the top is a pleasing addition or scoop out more pulp and fill with rice, highly seasoned, replace the stem and bake. This stuffing may be varied by using crumbs and seasoned meat (ham or chicken is best) or mushrooms.

Fried: Cut tomatoes in halves, slice off both ends and dust each surface with seasoned flour. Brown both sides turning carefully with a pancake turner. Serve on a hot platter with bacon or place around a broiled steak.

Broiled: Cut ripe tomatoes in halves, season with salt, pepper, onion juice and parsley and spread with soft butter. Broil under the gas flame and serve very hot with buttered toast.



TOMATOES—Continued

Scalloped: Put in a buttered baking dish alternate layers of sliced tomatoes and buttered crumbs, sprinkled with pepper and salt. Spread crumbs on top. Bake one hour. A little cheese grated with the buttered crumbs is a change. Some tomatoes require a little sugar but use sparingly.

TURNIPS

PEEL and cut in small pieces and if wilted leave in cold water for an hour or more. Cook in boiling salted water until tender. Mash thoroughly, season with salt and pepper, add butter or cream or both.



BREAD AND ROLLS

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BREAD AND ROLLS

BREAD is divided into two classes, "Light" bread made with yeast and "Quick" bread using baking powder or soda.

CARE OF BREAD

BREAD boxes should be washed and scalded at least once a week. Boxes should be ventilated and stale bread put into a separate receptacle to be ground or rolled and used for crumbing, scalloping, etc. Never put cake and bread in same box.

WHITE BREAD

MAKE sponge with one pint liquid (milk or water or half of each), and one cake compressed yeast dissolved in $\frac{1}{2}$ cup of water. Cover and leave in a warm place. When light, stir well, add two teaspoons salt and two teaspoons sugar. Beat in flour until stiff enough to knead, then knead until smooth. Let it rise again, form into two loaves. When light bake in hot oven. Bread should rise the first fifteen minutes, when it should begin to brown and continue browning the next twenty minutes. Reduce the heat and finish baking in fifteen minutes, (50 minutes). When done, remove from pans, lay in a rack, and brush over with butter if you wish a soft crust.

ROLLS

FOR rolls, make sponge with scalded milk and add shortening and sugar. Let rise twice before shaping. Brush rolls with melted butter. When very light, bake in hot oven from fifteen to twenty-five minutes.

Parker House Rolls

CUT in rounds, brush with melted butter, fold over so that the upper edge overlaps the under one.

FINGER ROLLS

CUT off piece of dough, add generous measure of butter and knead, break off small pieces and knead into strips about three inches long. Let rise, brush with butter, and bake in hot oven.

Salad Rolls

CUT off bit of dough and roll into a ball, cover and let rise. Cut almost in two, brush with melted butter and press the roll together. Let rise again, brush with butter, bake twenty minutes. When nearly done glaze with white of egg.

BUNS

TAKE one-half your bread dough, add to it one cup raisins or currants or a mixture and spread with butter, roll up and knead until smooth. Let rise, then when light again, shape into small balls, place close together in a greased pan. When very light brush over with a syrup made of one tablespoon cream and one of sugar boiled together for one minute. Bake twenty or twenty-five minutes in hot oven. A tablespoon of cinnamon and two tablespoons brown sugar rubbed with the butter and kneaded in makes sweet spiced buns.

BATH BUNS

4 cups flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ yeast cake
1 pounded cardamon seed

1 generous cup warm milk
 $\frac{1}{4}$ cup butter or lard
 $\frac{1}{2}$ grated nutmeg
2 eggs

MELT butter and yeast in warm milk. Beat eggs separately, add all ingredients to flour and knead well. The dough should be very soft, let it rise over night. In the morning break into pieces about the size of a large egg, work them into cakes, place them in buttered pan. Cover pan and set in warm place until double their size—about two hours. Into each bun work two or three lumps of sugar dipped in orange or lemon juice. Bake in moderate oven half an hour. Dissolve 3 tablespoons of sugar in 3 of milk and when buns are done, wash over with this mixture and return to oven for 2 minutes.

MISS G. CLERGUE

DINNER ROLLS

1 cake of yeast
1 cup of milk scalded and cool
1 tablespoon sugar
2 teaspoons lard or butter

White of an egg
3 cups sifted flour
 $\frac{1}{2}$ teaspoon salt

DISSOLVE yeast and sugar in lukewarm milk, add white of egg, beaten till stiff, flour gradually, lard or butter and lastly the salt, keeping the dough soft, knead lightly using as little flour as possible for kneading. Place in well greased bowl, cover and set to rise in warm place from drafts until double the bulk, about two hours. Mould into rolls the size of walnut. Place in well greased pans and let rise for half an hour or until light. Glaze with white of egg diluted with water. Bake ten minutes in hot oven.

MRS. J. COCHRANE KING.

CINNAMON ROLLS

1 cup sweet milk
3 cups bread flour
3 tablespoons shortening

2 tablespoons sugar
1 teaspoon salt

$\frac{1}{2}$ cake compressed yeast dissolved in $\frac{1}{8}$ cup luke warm water. Scald milk, add sugar, salt and shortening. When luke warm add yeast and flour, mix in mixer or knead, let rise until twice its bulk then roll to $\frac{1}{2}$ inch thickness and spread with 1 cup of brown sugar and 2 tablespoons butter rubbed together. Roll and cut in one inch pieces, put in greased pans, sprinkle with cinnamon, let rise, bake in moderate oven twenty minutes, when baked turn out of pan upside down.

JOSEPHINE CORBUS.

COFFEE CAKE

1 cup mashed potatoes 2 cups lukewarm milk
1 cup white sugar 1 egg
1 yeast cake dissolved in lukewarm water

ADD sifted flour to make a batter, beat well, let rise over night. In the morning add one cup of butter and lard mixed (melted) 1 teaspoon salt, flour to make a dough, knead until smooth. Let rise till light, then roll about $1\frac{1}{2}$ inch thick, put in pan. Let rise again then brush with melted butter, sprinkle with cinnamon and white sugar.

BAKE in a moderate oven.

MRS. CLEMENS.

RAISIN BREAD

$1\frac{1}{2}$ pints milk $\frac{1}{2}$ cake compressed yeast
1 teaspoon salt 2 cups seeded raisins
1 tablespoon sugar

WHOLE wheat flour sufficient to make soft dough. Scald the milk, pour it over the salt and sugar, when lukewarm add the yeast dissolved in a little warm water. Stir in flour to make a drop batter, beat hard for 5 minutes and put in a warm place to rise. When light and spongy add the raisins, more flour to make a soft dough, turn out on the board and knead until very smooth. Return to the bowl till light, mold into two loaves and when they have doubled in size bake in a moderate oven.

H. ROBERTS.

OATMEAL BREAD

2 cups
1 cup rolled oats 1 tablespoon of butter
POUR over this two cups of boiling water and let stand for an hour.
THEN add
 $\frac{1}{2}$ cup molasses $\frac{1}{2}$ tablespoon salt
 $\frac{1}{2}$ yeast cake dissolved in $\frac{1}{2}$ cup lukewarm water
 $4\frac{1}{2}$ cups flour
RISE over night—beat thoroughly, put in 2 bread pans—let rise again and bake about $\frac{3}{4}$ of an hour.

MRS. M. H. DAY.

NUT BREAD

Two cups of Graham flour One cup raisins
Two cups of white flour One and a half cups milk
One egg (beaten) One cup of sugar or molasses
One-quarter teaspoon salt (molasses preferred)
One cup of walnuts, cut fine Four teaspoons baking powder
SIFT the two flours together, add salt, baking powder, raisins and nuts; then add the beaten egg; next add the milk and molasses (or sugar if sugar is used in preference to molasses); turn into buttered pan and let rise for twenty minutes.
BAKE in slow oven for one hour.

MRS. W. HEADLEY.

NUT BREAD

4 cups flour
4 teaspoons baking powder
Pinch of salt
1 cup sugar
1 cup molasses
 $1\frac{1}{2}$ cups milk
1 cups walnuts
 $1\frac{1}{2}$ cup raisins

Mix all dry ingredients then put in walnuts and raisins, drop your egg into cup of molasses, and then add milk. Mix well, and let rise for about $\frac{1}{2}$ hour and bake for 30 minutes.

MISS L. M. CARTER.

NUT AND DATE BREAD

4 cups flour
4 teaspoons baking powder
1 egg (unbeaten)
 $\frac{1}{2}$ cup sugar, pinch of salt
 $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ lb. shelled walnuts (cut fine)
 $1\frac{1}{2}$ lbs. dates

Put on back of stove for $\frac{1}{2}$ hour to rise. Bake 1 hour in slow oven.

MRS. JOHN MCLEAN.

NUT BREAD

1 egg
1 cup brown sugar
 $1\frac{1}{2}$ cups milk
1 teaspoon salt
3 cups flour
4 teaspoons baking powder
1 heaping cup of chopped walnuts

Let rise $\frac{3}{4}$ hour before baking.

MRS. C. H. HANSON.

NUT LOAF

1 cup sugar
1 cup walnuts
1 cup chopped dates
1 egg
 $1\frac{1}{2}$ cups of milk
4 cups flour
4 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt

Set to rise about 20 minutes, bake 30 minutes. Batter should be thicker than cake batter.

MRS. R. H. PAUL.

NUT LOAF

4 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 cup granulated sugar
 $\frac{1}{2}$ cup chopped walnuts
1 cup blanched almonds
 $1\frac{1}{2}$ cups milk
1 egg, well beaten
Mix well together—let stand 20 minutes then bake three-quarters of an hour.

M. MACGILLIVRAY.

WALNUT BREAD

2 eggs
1 cup sugar
 $\frac{1}{2}$ lb. shelled walnuts, cut up
2 cups milk
3 big cups flour
3 teaspoons baking powder
1 teaspoonful salt
pecans 1 cup
1/2 raisins

Beat eggs with sugar, add milk, then sift in flour, salt and baking powder, adding walnuts last. Place in two loaf tins, let rise for 20 minutes, bake about $\frac{1}{2}$ hour. *at 350°*

The addition of raisins or dates to the above makes a very pleasing change.

CHARLOTTE BOOTH.

GRAHAM NUT BREAD

2 cups of Graham flour 2 cups of milk (sweet or sour)
2 cups of white flour 1 teaspoon salt
 $\frac{1}{2}$ cup brown sugar 1 cup walnuts chopped
 $\frac{1}{2}$ cup molasses 1 tablespoon melted butter
Mix 1 teaspoon of soda with part of milk. Bake $\frac{3}{4}$ hour in moderate oven.

NUT OR RAISIN BREAD

$1\frac{1}{2}$ cups Graham flour 1 teaspoon soda
 $1\frac{1}{2}$ cups white flour 1 teaspoon salt
 $\frac{1}{2}$ cup molasses 1 cup nuts and raisins
 $\frac{1}{2}$ cup sugar 1 good cup sour milk

Mrs. W. S. MOORE.

DATE LOAF (BREAD)

1 cup of dates, stoned and cut in pieces. 1 cup of brown sugar. Add to these one cup of boiling water, mixed with a teaspoon of baking soda. Let stand five minutes to cool, then add one cup of chopped nuts, one cup of melted butter, one egg and $1\frac{1}{2}$ cups of flour with one teaspoon baking powder.
BAKE in slow oven.

Mrs. ARTHUR HAMILTON.

DATE LOAF

$\frac{1}{2}$ cup of butter, 1 cup of brown sugar, 2 eggs, $\frac{1}{2}$ cup hot water, 2 cups of flour, 1 teaspoon soda, pinch of salt, 1 lb. stoned dates, cup of raisins and half cup of sliced mixed peel.
BAKE in a moderate oven from 30 to 40 minutes.

C. C. KING

DATE BREAD

$\frac{1}{2}$ cup butter 2 cups white flour
1 cup brown sugar $\frac{1}{2}$ teaspoon salt
2 eggs 1 cup chopped nuts (any kind)
1 teaspoon baking soda dissolved in half cup warm water 1 lb. or 1 pkg Dromedary dates

BEAT well—bake about one hour in moderate oven.

M. McW. DAVIS.

DATE BREAD

1 lb. dates, 1 lb. walnuts, 1 cup flour, 2 rounding teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 cup granulated sugar, 4 eggs beaten separately, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla.

MISS M. HORNE.

RAISIN BREAD

SIFT together three cups of flour and one teaspoon of salt, four teaspoons of baking powder, two tablespoons sugar. Stir into this a cupful of raisins. Beat one egg and add to it one and a half cups sweet milk. Pour milk and egg into dry ingredients, beat well and last of all, add two tablespoons of melted butter. Bake forty-five minutes in a moderate oven.

Mrs. J. COCHRANE KING.

RAISIN BREAD FOR TEA

PUT three cups of flour in a bowl, add a pinch of salt, two tablespoons of sugar and four teaspoons of baking powder. Stir in a cup of raisins, blending them well with the flour and other dry ingredients. Beat an egg well, pour over it one and a half cup of milk and add to the mixture. Lastly add two tablespoons of melted shortening. Pour into a buttered loaf pan, or into two smaller loaf pans and bake in a slow oven for forty minutes.

THE smaller the loaf pan the daintier will your slices of raisin bread be for tea.

MRS. E. W. SAYRE.

STEAM BROWN BREAD

1 cup white flour	1 teaspoon soda
1 cup Indian meal	stirred into
1 cup Graham flour	1 cup of molasses
1 egg	2 cups milk
Small piece of lard, melted.	

Mix thoroughly and let stand about half an hour. Steam three or more hours.

MRS. M. H. DAY.

DELICIOUS DATE LOAF

3 cups flour	1 egg
6 teaspoons Royal baking powder	1 level teaspoon butter
$\frac{1}{4}$ cup sugar	1 lb. dates (or chopped nuts)
$1\frac{3}{4}$ cup milk	

CUT up dates in about 6 pieces each. Bring milk to boiling point, pour over dates and soak awhile). Sift 2 cups of the flour and rub the butter into that. Sift remaining cup of flour and 6 teaspoonsful baking powder. Add sugar. Break egg (whole) into mixture. Then pour over your mixture, milk and dates and stir lightly till well mixed. Put in 2 bread loaf pans or 1 long one and let rise for 20 minutes. Then bake in oven not too hot.

MRS. DAVID F. GURD.

MRS. W. NORTHEY.

ORANGE BREAD

2 cups flour	1 egg
4 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	Grated orange peel
1 cup sugar	

Mix flour, baking powder, salt and sugar together. Then beat egg well and add milk and combine with the dry ingredients. Add orange peel and pour into well buttered baking tins. Bake in moderate oven. When using cut in slices and butter.

MRS. A. H. PEPPER.

BISCUITS & SHORTCAKES

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BAKING POWDER BISCUITS

4 cups flour
1 teaspoon salt
Milk

4 teaspoons Magic baking powder
2 tablespoons butter

SIFT dry ingredients, cut and rub the butter into the mixture, add milk gradually, mixing and cutting with a knife until the whole is a light spongy mass. Turn out on a floured board, flatten with hand to one inch thickness and cut with biscuit cutter. Bake in hot oven about fifteen minutes.

CREAM BISCUITS (For Afternoon Tea)

SIFT two cups flour with 3 teaspoons baking powder and half a teaspoon of salt. Moisten with cream as soft as can be handled. Turn on floured board, flatten with hand and cut with small cutter (1 inch). Place in pan, brush over with cream or melted butter, and bake in hot oven ten or fifteen minutes according to size.

If cream is not handy, use two tablespoons butter rubbed in flour and moisten with milk. If liked sweet add two tablespoons sugar to dry ingredients. Currants may be added to sweet mixture. Plain biscuits are delicious split, and buttered with a teaspoon of maple sugar put between. Serve hot in folded napkin.

SHORTBREAD BISCUITS

6 ozs. butter
3 tablespoonfuls fruit sugar

2 dessertspoons corn starch
6 tablespoons flour

CREAM butter and sugar well. Add cornstarch and cream again. Add flour gradually till all is worked in. Roll out thin and bake about fifteen minutes in a medium oven.

MARJORIE SUTHERLAND.

STRAWBERRY SHORTCAKE

4 cups flour
1 teaspoon salt
2 tablespoons sugar

4 teaspoons baking powder
 $\frac{1}{2}$ cup butter
milk

Mix and sift dry ingredients. Cut and rub shortening in, add milk. Spread on a buttered biscuit tin and bake in quick oven. Split apart, butter and spread with fresh strawberries, sweetened and slightly crushed. Put on top crust, add same sweetened fruit mixture and cover with whipped cream. Add a few whole berries for garnishing. Serve immediately.

MRS. W. J. MORRISON

FRUIT SHORT CAKE

THE same shortcake given above may be used for any other fruit—raspberry, peaches, apricots or canned pineapple make nice short-cake. If canned fruit is used, drain the juice.

TEA CAKES

2 cups flour	$\frac{1}{2}$ cup sugar
2 tablespoons butter	2 eggs, not beaten
1 teaspoon soda	2 teaspoons cream of tartar
$\frac{3}{4}$ cup of milk	

CREAM butter and sugar, add eggs, then milk, in which the soda has been dissolved; next the flour, to which the cream of tartar has been added. Bake in quick oven for twenty minutes. Turn out on sieve, split open and spread with plenty of butter.

LADY TAIT.

PEACH SHORT-CAKE A LA BRADLEY

$\frac{1}{4}$ cup butter	2 teaspoons baking powder
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 egg
$1\frac{1}{2}$ cups flour	

BEAT sugar and butter to cream, add the egg well beaten, add flour and baking powder well sifted and adding milk alternately with flour till all are used up. Bake and remove from oven and when nearly cool cover with sliced peaches (preferably fresh), slightly sweetened. Whip $\frac{1}{2}$ pint of cream with a little sugar and cover whole cake. Decorate with sliced peaches.

MRS. DAVID F. GURD.

FRUIT CRUMPETS

1 cup of brown sugar	$1\frac{1}{2}$ cups sifted flour
$\frac{1}{2}$ cup of butter	$\frac{1}{2}$ teaspoon each of cinnamon, nutmeg, allspice
1 egg	$\frac{3}{4}$ cup chopped walnuts
1 cup of chopped raisins	
2 tablespoons of sour milk	

DROP on buttered pan by teaspoonful.

MRS. P. M. LEMAISTRE.

BLUEBERRY TEA CAKES

2 cups fresh blueberries	1 cup sugar
4 cups flour	$\frac{1}{2}$ cup melted butter
1 teaspoon salt	2 eggs
4 teaspoons baking powder	2 cups milk

MIX and sift dry ingredients. Add milk slowly, melted butter and eggs well beaten. Beat well. Add blueberries, floured, and fold carefully. Filled greased gem pans three-quarters full and bake $\frac{1}{2}$ hour in moderate oven. Serve hot with stewed blueberries.

HILDA LITTLE.

SWISS ROLL

3 oz. flour
4 ozs. castor sugar

3 eggs
1 teaspoonful baking powder

BEAT eggs for five minutes, add sugar, beat for fifteen minutes more, add flour, baking powder, and stir lightly. Grease well a baking tin and pour the mixture into it, taking care to spread it evenly over the tin and bake 10 minutes.

LINE the tin with grease paper.

MRS. McCLEMENT,
Chef, Royal Montreal Curling Club.

ROCK BUNS

1 lb. flour
 $\frac{1}{2}$ lb. butter
 $\frac{1}{4}$ lb. currants

$\frac{1}{2}$ lb. sugar
 $\frac{1}{2}$ teaspoonful soda and cream
Tartar
2 eggs

Mix with sufficient milk to make a stiff dough. Bake in sharp oven.

MRS. McCLEMENT,
Chef, Royal Montreal Curling Club.

SCOTCH CURRANT BUNS

FOR outside crust:—
1 lb. flour

$\frac{1}{2}$ lb. butter
1 teaspoonful baking powder

ROLL and line tins leaving as much paste as will cover top. For inside of bun:—

1 lb. flour
1 lb. sugar
1 lb. currants
1 lb. sultana raisins
1 dessertspoonful cinnamon and allspice
 $\frac{1}{2}$ teaspoonful ginger and black pepper
1 teaspoonful baking soda and cream of tartar

1 lb. seedless raisins
1 lb. mixed peel
 $\frac{1}{4}$ lb. almonds

MAKE moist with 3 eggs and enough sweet milk and bake in moderate oven 3 or 4 hours.

MRS. PHILIP HOLLAND.

MUFFINS & POPOVERS

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DELICIOUS EASY MUFFINS

3 tablespoons melted butter 2 cups flour
3 tablespoons sugar 3 teaspoons baking powder
2 eggs salt
1 cup milk
Mix well and bake for twenty minutes. 2375

MRS. LAWRENCE SEWELL.

BRAN MUFFINS

1 egg 2 cups white flour
 $\frac{1}{2}$ cup sugar 1 cup bran
 $1\frac{1}{2}$ cups milk 2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon cinnamon
Mix well and bake in moderate oven.
This recipe makes 16 small Muffins.

MRS. LAWRENCE SEWELL.

BRAN MUFFINS

1 cup bran (unsweetened) 1 egg
1 cup rye flour 1 scant cup milk
4 teaspoons baking powder 2 tablespoons melted butter
 $\frac{1}{2}$ teaspoon salt
WASH bran in cheesecloth under running cold water. Mix dry ingredients and add bran, then egg well beaten, mixed with milk. Last add melted butter. Bake in well buttered tins about thirty minutes.

MRS. W. E. NELSON.

GRAHAM GEMS

Butter size of an egg 1 cup of Graham flour
 $\frac{1}{2}$ cup of sugar 1 cup of white flour
1 egg beaten well 1 teaspoon of baking powder
1 cup of milk Pinch of salt
Bake about half an hour.

MRS. R. BROCK THOMSON.

WATER GEMS

FLOUR, sifted, 1 cup; salt, $\frac{1}{2}$ teaspoon; water, ice cold, 1 cup.
STIR in gradually with a spoon, then beat. Heat the gem pans.
Put in each a scant teaspoon melted butter and place on stove until sizzling.
DROP in each 2 teaspoons of batter and bake in very hot oven.
THEY should puff up brown and remain soft inside.

G. ROBERTSON.

IRON CLADS

1 cup cold water
1 cup milk

2 cups flour

PUT milk and water together and stir flour into half of it, until smooth. Then add rest of milk and water and beat very lightly with egg beater. HAVE iron muffin pan so hot it sizzles when the butter is put in. Bake in very hot oven fifteen minutes. Should be thin, hollow and crisp outside. Very delicious.

MRS. LAWRENCE SEWELL.

POPOVERS

1 cup of flour
1 cup of milk
Pinch of salt

2 tablespoonfuls of water
2 eggs

BEAT up all well together and cook in oven for a quarter of an hour. Melt butter in your mould before putting your batter in.

MISS HARRIET KANE.

POPOVERS

MIX a cup and a half of flour and the same of milk, two eggs, two teaspoons of baking powder and a tablespoon of sugar and the same of melted butter.

BAKE in muffin tins for twenty minutes in a moderate oven.

C. C. KING.

POPOVERS

ONE cup flour, pinch salt, one cup milk, one well beaten egg.

MIX ingredients in order given. Beat very light and bake in heated gem irons or cups.

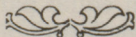
POPOVERS depend for their lightness on the heat of the oven and must be baked quickly with greatest heat underneath to drive them up. If batter is too thick or they have not been sufficiently mixed they will be sodden.

MRS. C. J. O'BRIEN.

POPOVERS

2 cups flour, 2 cups sweet milk, 2 eggs, 1 teaspoon butter, 1 teaspoon salt. Bake in cups in quick oven twenty minutes.

MRS. R. E. JAMIESON.



SCONES & DOUGHNUTS

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CREAM SCONES

2 cups flour
3 teaspoons baking powder
Mix in $\frac{1}{4}$ cup butter, add 1 egg, $\frac{1}{3}$ cup rich milk, cut in triangles, brush with milk and sugar, bake in hot oven.

$\frac{1}{2}$ teaspoon salt

MRS. ALLAN CAMERON.

DROPPED SCONES

2 cups flour
2 tablespoons sugar
pinch of salt
Plain or buttermilk
MIX dry ingredients together. Beat egg well. Add a little milk. Stir into dry ingredients slowly. Add milk to batter until right consistency to drop from spoon. DROP spoonful on hot greased griddle—when top is full of holes, turn. THESE are delicious hot or cold.

$\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon cream of tartar
1 egg

G. S. MCSWEENEY,
Past President, M.A.A.A.

SCONES

1 egg; 1 teaspoon salt; 1 cup granulated sugar; $2\frac{1}{2}$ tablespoons butter; $1\frac{1}{2}$ cups buttermilk; 1 small teaspoon soda; 2 teaspoons baking powder; $\frac{3}{4}$ cup of currants. Mix baking powder in flour and soda in buttermilk. Save half of the white of the egg to brush over the top.

MISS RUBENSTEIN.

TEA SCONES

1 lb. flour, 4 cups, sifted
 $\frac{1}{2}$ lb. sugar,
 $\frac{1}{2}$ lb. butter,
Milk enough to make into a stiff paste
MIX flour and baking powder well together, rub in the butter as though for pastry, add sugar and currants, then the eggs well beaten, and enough milk to make it into a smooth paste, roll out to about an inch thick, cut into shapes with breakfast cup, and bake in a hot oven to a nice brown. Cut open and butter and serve hot.

$\frac{1}{4}$ lb. currants,
4 teaspoons baking powder
2 eggs

E. HOWARD.

POTATO SCONES

MASHED potato and flour in equal parts. Add to the flour a little salt—baking powder in proportion of 1 teaspoonful b. p. to 1 cupful flour. A little shortening. Mix with potatoes. A little water or milk. ROLL out to $\frac{1}{2}$ inch thickness. Bake in well greased pans.

MRS. C. R. BOURNE.

POTATO SCONES

2 cups mashed potatoes 2 ozs. butter
2 cups flour 2 teaspoons baking powder
1 teaspoon salt Enough milk to mix into soft dough
ROLL out, cut in diamond shaped cakes.
BAKE thirty minutes. MRS. RHODA BROWN.

POTATO CAKE

2 cups cold potatoes, mashed; 3 cups flour; $\frac{3}{4}$ cup of milk; 3 tablespoonfuls melted butter, salt to taste; 2 tablespoonfuls magic baking powder.

MIX well, roll out lightly, into 3 cakes about 1 inch thick and bake in a large meat pan in a moderate oven. They should be about 2 inches thick when baked. Split, butter each side, put together again and serve on hot plate. Each cake to be cut in four pieces.

MISS BICKLEY.

POTATO CAKE

(Very Good)

FLOUR, 10 tablespoons; mashed potatoes, 3 tablespoons; baking powder, 1 small teaspoon; pinch of salt; butter, size of an egg.

METHOD—RUB butter, flour, baking powder and salt together. Add potatoes. Mix with milk. Roll $\frac{1}{2}$ an inch thick—put in round tin—quarter and prick with a fork—bake both sides light-brown.

MISS SCOTT.

DOUGHNUTS

1 cup sugar 2 teaspoons cream of tartar
2 eggs 1 teaspoon salt
4 tablespoons melted lard 1 teaspoon vanilla, or
1 cup milk 1 teaspoon spice
1 teaspoon baking powder

FLOUR enough to roll. Cook in deep boiling lard. In case doughnuts soak fat, it can be removed by dipping the doughnuts immediately, after taking from the fat into boiling water.

MRS. HUGH WALKEM

DOUGHNUTS

2 eggs 2 tablespoons melted butter
1 cup sugar 2 tablespoons magic baking powder
1 cup milk 1 teaspoon salt
3 cups flour 1 teaspoon cinnamon

MIX well, roll out and cut in rings or twist and fry in hot lard or mazola.

MISS BICKLEY.

DOUGHNUTS

3 eggs 3 cups flour
1 cup sugar 3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt (scant) 2 tablespoons melted butter
1 small cup of milk

BEAT eggs and salt, add sugar beating all the time, then milk.

MIX baking powder with flour and add. Lastly add melted butter.

DROP from teaspoon into hot lard. Cook like ordinary doughnuts.

MRS. J. Y. PATRICK.

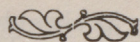
FATTIGMAN BAKELSE (Scandinavian)

2 eggs
1 $\frac{3}{4}$ cups pastry flour

3 tablespoons sweet cream
1 tablespoon sugar

BEAT the eggs until light; add the sugar and cream. Add flour to make a dough which can be rolled very thin. Cut in diamond shapes with two slashes in the center of each. Fry in deep fat heated to 370 F. Drain on crumpled paper. If desired, dust with powdered sugar.

MRS. HARRY FRAZIER.



GRIDDLE CAKES & WAFFLES

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GRIDDLE CAKES

2 cups flour
3 teaspoons baking powder
1 $\frac{1}{2}$ cups milk

2 eggs
 $\frac{1}{4}$ cup melted butter
 $\frac{1}{4}$ teaspoon salt

MIX and sift dry ingredients, add the milk and beaten eggs. Beat well. Add the butter, beat again and bake by spoonfuls on a hot griddle.

PANCAKES

2 cups flour
 $\frac{1}{2}$ teaspoon salt
1 teaspoon soda

2 cups sour milk
2 tablespoons melted butter
2 eggs

BEAT the eggs, add the milk in which soda has been dissolved. Beat well. Add flour and salt and lastly melted butter. Beat again and drop by spoonfuls on hot griddle. Serve quickly with butter and maple syrup, three together or six in a pile with butter and shaved maple sugar between and cut in sections like pie.

FRENCH PANCAKES

2-eggs
2 ozs. butter
 $\frac{1}{2}$ pint milk

2 ozs. sugar
2 ozs. flour, sifted

BEAT eggs thoroughly and put in bowl with the butter, which must be beaten to cream.

STIR in the sugar and flour and when well mixed, add the milk. Keep stirring and beating the mixture for a few minutes; put on buttered plates and bake in quick oven for twenty minutes. Serve with cut lemon or sifted sugar or pile the pancakes in a dish with layer of jam between.

LADY TAIT.

WAFFLES

1½ cups flour	¾ cup milk
¼ cup cornstarch	½ cup cream
2 teaspoons baking powder	3 eggs
1 tablespoon melted butter	Salt

Mix together the milk, cream, and yolks of eggs, pour over the flour sifted with baking powder and salt; beat well, add a tablespoon of melted butter and lastly the whites of eggs beaten stiff. Hot irons and quick serving are essential. Serve well buttered on hot plate with syrup and honey. Ham and waffles with corn syrup is a great Virginia dish for breakfast.

MRS. W. J. MORRISON.

CREPES SUZETTE

(Pancakes)

¼ lb. of flour	1 soup spoon of fine sugar
Pinch of salt	The grated skin of an orange or tangerine.

BEAT, one by one, four eggs, and two yolks. Mix well together with milk, and double cream. Add a little brown butter to this dough, a liquor glass of Cognac or Curacao, and leave your apparel stand in basin for at least one hour. Then make your crepes, and they must be very thin. Take the juice of 2 oranges, mix well with a good sized piece of sweet butter, and grated skin of an orange or Tangerine, a pinch of salt, a glass of Cognac and spread that composition over your crepes on a very hot dish, and roll them up ready to put on the serving plate directly. They must be made at the last minute, and be very hot.

C. H. SCHNEIDER,

Chef de Cuisine, Ritz Carlton Hotel.

PASTRY

THERE are three kinds of pastry—Puff Paste, from which we make patty cases, tarts and French Pastry.

Chopped or Flake pastry not quite so rich as Puff pastry but used for more fancy cooking than our usual plain pastry.

Plain Pastry always made of three parts flour to one part shortening. Butter makes richer pastry but lard flakier and lighter. Lard and butter combined are very satisfactory and everything must be cold.

PUFF PASTE

1 pound flour
1 teaspoon salt

1 pound butter
Ice water

Mix and sift flour and salt. Cut and rub one-third the butter in and make stiff with ice water. Now turn out on a floured board and knead, place on ice for awhile. When ready, flatten this paste out, put over it another third of the butter very cold and fold in. Roll and fold as before but without butter. Roll again and add remaining butter. Keep rolling and folding a few times, then set on ice for several hours before using.

PLAIN PASTRY

1½ cups flour
½ cup shortening

½ teaspoon salt
Cold water

HAVE everything cold. Mix flour and salt; cut in the shortening until mixture is like fine meal. Make a stiff paste with ice water. All pastry needs a quick oven to keep it from melting.

FLAKE PASTRY

To make the above rule flaky use half lard and half butter. Cut the lard in as directed above. Make stiff paste with ice water and roll out to ⅓ inch thickness. Dot on one half the butter and fold in thirds, pat and roll again, repeat until butter is all used and roll up as a jelly roll. Leave in ice several hours and when wanted cut from the ends and roll in a sheet.

PIE CRUST

ONE and one half cup of flour well sifted. One half cup of lard, pinch of salt, pinch of baking powder and ¼ cup of cold water. Mix dry ingredients, rub in lard. Add water gradually. Roll out on pastry board and handle as little as possible.

MRS. CHARLES J. O'BRIEN.

APPLE PIE

5 or 6 apples
 $\frac{1}{2}$ cup sugar

Plain pastry
1 teaspoon butter

PARE and core apples and cut in narrow slices. Line plate with pastry, pile on apples as high above as the depth of the plate, add sugar dot with butter, brush rim of paste with cold water. Lay on top with holes made to let steam escape. Press edges firmly. Bake in moderate oven about forty minutes.

DEEP BLUEBERRY PIE

FILL a baking dish with blueberries. Add sugar sifted with a little flour. Put on an upper crust of flaky pastry. Cut holes in paste. Bake in hot oven about forty minutes.

ALL fruit pies may be made this way. Rhubarb and apple make nice deep pies. Always serve cream with a deep pie.

RHUBARB PIE

3 cups rhubarb diced
1 cup sugar

1 tablespoon flour
1 teaspoon butter

MIX sugar and flour, put half on the lower crust of pastry, add rhubarb. Pour over rest of sugar. Dot with butter and put on upper crust. Slit to let steam escape.

BAKE from forty to forty-five minutes.

PUMPKIN PIE

1 cup sifted pumpkin
 $\frac{1}{2}$ teaspoon salt
1 saltspoon mace
 $\frac{1}{2}$ teaspoon cinnamon

$\frac{2}{3}$ cup brown sugar
1 egg
 $\frac{1}{2}$ cup scalded milk
 $\frac{1}{2}$ cup scalded cream

LINE pie plate with plain paste and put a rim of flaky or puff paste around edge first wetting the plain paste and press firmly down.

COMBINE the first four ingredients, beat the egg and mix with sugar. Pour on the milk and cream and combine with the pumpkin. Pour into the pie shell and bake slowly. Use squash the same way.

WHIPPED cream dotted with damson jelly garnishes pumpkin pie nicely.

MRS. W. J. MORRISON.

MOCK CHERRY PIE

1 cup cranberries
1 cup seeded raisins
1 cup water
1 cup sugar

1 tablespoon butter
1 tablespoon cornstarch
 $\frac{1}{2}$ tablespoon vanilla

BOIL cranberries, raisins, water and sugar together, add butter and

vanilla and cornstarch moistened in a little cold water, when thick remove from fire and allow to cool then pour in pie plate lined with pastry.

PASTRY

1 cup flour
½ cup lard

½ teaspoon salt
3 tablespoons cold water

Mix flour, lard and salt together, add water and roll thin, after putting in the fruit mixture, make lattice strips of the pastry and put on top. Bake.

JOSEPHINE CORBUS.

CHERRY TART

LINE a pie dish with plain paste. Fill with stoned cherries and add sugar to taste. Lay a wide strip of plain paste all around the edge and put strips of pastry criss-cross over the fruit, joining by moistening pastry with cold water. Bake in hot oven and serve with powdered sugar sprinkled thickly over the top.

ALL juicy fruits are most excellent cooked in the same way.

STRAWBERRY TARTS

LINE tart pans with puff paste, fill with strawberry jam, sprinkle the tops with sugar and bake in a very quick oven. Let cool and pile whipped cream over the top. Arrange on a large flat dish.

M. McDONALD.

VINEGAR TARTS

1 cup brown sugar
1 egg

Juice of one lemon

BEAT egg hard, add brown sugar and lastly lemon juice. One tablespoonful to each tart. Bake in moderate oven.

MRS. W. J. MORRISON.

BUTTERSCOTCH PIE

1½ cups brown sugar
3 tablespoons flour
1 large cup milk

2 egg yolks
Butter size of an egg

Mix all together, cook in double boiler and fill pastry shell as for lemon pie. Use whites of eggs for meringue for top or whipped cream may be used in place of eggs.

MRS. GEO. V. KNEEN.

BUTTERSCOTCH FILLING

ONE cup of brown sugar caramelled on stove. Add butter the size of an egg, thin out with one cup of hot milk.

MIX one tablespoon of cornstarch, one teaspoon of vanilla, yolks of two eggs, and stir into sugar, etc.

USE whites for meringue.

MRS. H. HARDY.

BANANA CREAM PIE

2 cups milk	Pinch of salt
5 tablespoons sugar	Small piece butter
3 eggs	2 bananas
2 tablespoons flour	½ pint whipping cream

PUT milk in double boiler and heat. Beat eggs to a cream with sugar. Mix the flour with a little milk and add to beaten eggs and sugar. Beat well and add to hot milk. When filling is cooked add small piece of butter and pinch of salt and beat well.

SLICE the two bananas into a baked pie crust and pour the filling over. Just before serving whip the cream stiff and put on top of pie.

MRS FRED. TAYLOR.

IRWIN'S LEMON PIE

GRATE rinds of 2 lemons. Add yolks of 4 eggs. 2 cups sugar. 2 tablespoonsful cornstarch mixed with 2 cups of boiling water. Mix all together and put on the stove and let come to a boil. THEN let it cool.

BAKE pie crust separately then put in the lemon filling.

BEAT up the whites of eggs and put in oven to brown.

MRS. FRED. N. LEARMONTH.

LEMON PIE

1 large cup sugar; 1½ cups hot water (put on together to boil); mix grated rind and juice of one large (or 2 small) lemon; 3 egg yolks; 2 large tablespoons cornstarch; butter size of an egg; add to sugar and water and stir till it thickens. Beat whites of eggs and add 2 teaspoons sugar for frosting. Brown in oven.

C. C. HIGGINS,
Pres. M.A.A.A. Baseball Club.

LEMON PIE

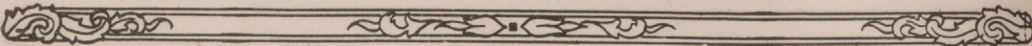
Juice of three lemons, six eggs, about a cup and a half of sugar; beat the yolks and sugar together and put on the paste, when done put the whites well beaten on the top.

MISS TYRE.

LEMON PIE

3 eggs, ½ cup sugar, 1 cup milk, juice and rind of 1 lemon, 1½ table-spoons of flour mixed in the milk and a pinch of salt. Separate the eggs keeping whites for meringue. Beat yolks, put half of sugar with the lemon juice, then add other half to beaten eggs; add milk and lastly lemon. Stir all together and fill pie tin which has been lined with puff paste. Bake and then cover with meringue.

CARRIE KING.



LEMON SPONGE PIE

1 cup sugar
2 eggs
1 cup milk

2 level teaspoons flour
Juice and grated rind of 1 lemon

Mix flour, sugar and grated rind of lemon. Add beaten yolks of eggs and milk. Stir all together and add the whites of eggs beaten stiff. Mix gently. Line plate with pie crust, pour in mixture and bake as custard pie in moderate oven.

C. M. WATLING.

MINCE MEAT

2 lbs. currants
2 lbs. raisins
5 lbs. peeled and cored apples
2 lbs. lean beef

1 lb. suet
 $\frac{3}{4}$ lb. citron
 $2\frac{1}{2}$ lbs. brown sugar
1 lb. seedless raisins

2 tablespoons cinnamon, cloves, allspice, 1 pint each of wine and brandy.

Mix thoroughly; pack in jars.

MRS. W. NORTHEY.

MINCE MEAT

$4\frac{1}{2}$ lbs. raisins, $2\frac{1}{2}$ lbs. currants, $3\frac{1}{2}$ lbs. sugar, $3\frac{1}{2}$ lbs. suet, $3\frac{1}{2}$ lbs. chopped apples, $\frac{1}{2}$ lb. mixed peel. Mixed spice to taste. Rind and juice of 2 oranges and 2 lemons.

INGREDIENTS to be well mixed and packed in glass jars with a little brandy on top.

MISS BERYL WILSON.

MINCE MEAT

$1\frac{1}{2}$ lbs. currants
 $1\frac{1}{2}$ lbs. raisins
 $1\frac{1}{2}$ lbs. fresh cut suet (chopped)
 $1\frac{1}{2}$ lbs. brown sugar
12 good sized apples
 $1\frac{1}{2}$ lemons, juice and rind grated

$\frac{1}{4}$ lb. orange peel
 $\frac{1}{4}$ lb. citron
 $\frac{1}{4}$ pint sherry
 $\frac{1}{4}$ pint brandy
 $\frac{1}{4}$ nutmeg grated

Mix all together and put in a jar and press down with spoon, pour over brandy and sherry mixed. Let stand uncovered for four days then mix and put in jam jars.

MRS. C. H. HANSON.



CAKES

□ □ □

IN making cake, use only the best material. Have all utensils and materials ready before you start to mix. An earthen bowl with a slotted spoon for mixing, two $\frac{1}{2}$ pint cups for measuring, one for liquids and one for dry ingredients, a dover beater and a wire egg whip for meringues. Also a flour sifter for dry ingredients.

THE pans should be greased and dusted over with flour for layer cakes or small cakes. Tins for loaf or fruit cake are better lined with greased paper.

THE oven should be heated ready.

ALL measures are level. Dry ingredients should be sifted before measuring.

THIN cakes need a hotter oven than loaves and should bake in ten minutes. Sheets of cake take from fifteen to thirty minutes, loaves from thirty to sixty minutes, fruit cakes two to four hours.

INVERT cakes as soon as taken from the oven onto a wire cake cooler. If cake sticks put a damp cloth over the bottom of pan for a few minutes.

GOVERNOR ROBBIN'S CAKE

1 lb. 2 oz. butter	1 lb. citron peel
1 lb. 7 oz. sugar	11 eggs
1 lb. 4 oz. flour	$\frac{1}{2}$ cup molasses
2 lbs. currants	1 teaspoon each cinnamon, all-
2 lbs. seeded raisins	spice, cloves and salt
juice of one small lemon	soda size of pea

IF wanted richer, add extra pound raisins, one pound almonds.

LINE pan with greased paper and bake six hours in slow oven.

MR. WILLIAM NORTHEY,
President, M.A.A.A.

FRUIT CAKE

1 lb. butter	$\frac{1}{2}$ lb. blanched almonds
1 lb. flour	2 teaspoons mace
1 lb. brown sugar	2 teaspoons cinnamon
8 eggs	1 nutmeg, grated
4 lbs. raisins	1 wine glass brandy
4 lbs. currants	1 teaspoon cloves
1 lb. citron peel	$\frac{1}{2}$ teaspoon salt

BROWN the flour. Beat the mixture ten to fifteen minutes, line tins with white paper, buttered, and bake in slow oven three and one half to four hours.

MISS CIS. KING.

CHRISTMAS CAKE

2 lbs. raisins	1 doz. eggs
1 lb. sultanas	$\frac{1}{2}$ teaspoon baking soda
2 lbs. currants	$\frac{1}{2}$ teaspoon allspice
1 lb. butter	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ lb. flour	1 teaspoon ground cloves
$\frac{1}{2}$ lb. blanched almonds	1 cup of molasses
$\frac{1}{2}$ lb. dates	Little salt
1 lb. brown sugar	$\frac{1}{2}$ cup brandy

CREAM butter and sugar with hands, and add beaten eggs little at a time, then brandy, molasses and spices, sift some flour on fruit and add, mix soda in water and add last. Bake 3 or 4 hours in a slow oven; put pan of water in bottom of oven. Line pans with greased paper.

MRS. C. H. HANSON.

SCOTCH FRUIT CAKE

ONE and a half pounds of flour, one pound of sugar, one pound of butter, twelve eggs, yolks and whites beaten separately, six ounces of orange peel, six ounces of candied citron, six ounces of lemon peel. Six ounces of blanched almonds, cut in pieces, one nutmeg, one glass of brandy. Cream the butter and sugar together then add the yolks, after this the fruit and last of all the whites and flour alternately.

MRS. W. O. H. DODDS.

XMAS FRUIT CAKE

1 lb. raisins	1 grated rind and juice of lemon
$1\frac{1}{2}$ lbs. currants	$\frac{1}{2}$ lb. Sultana raisins
3 cups of flour	1 cup sugar ($\frac{1}{2}$ lb.)
$\frac{1}{4}$ lb. almonds	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ lb. walnuts	$\frac{1}{4}$ lb. mixed peel
1 teaspoon mixed spices	$\frac{1}{2}$ nutmeg
1 teaspoon baking powder	5 eggs
1 pinch salt	1 lb. dates

MRS. A. D. SMITH.

PEEL CAKE

$\frac{1}{2}$ lb. butter	$\frac{1}{2}$ lb. sugar
$\frac{3}{4}$ lb. flour, well sifted	$\frac{3}{4}$ lb. mixed peel
5 eggs	

RUB butter to a cream, add sugar and rub again, add 2 eggs and a little flour, then the rest of the eggs and flour. Last, the peel.

MRS. A. D. DURNFORD.

LIGHT PEEL CAKE

2 cups of butter	$4\frac{1}{2}$ cups of flour
3 cups of pulverized sugar	1 lb. of raisins or dates
5 eggs, beaten separately	$\frac{1}{2}$ lb. of lemon peel
1 cup of milk	A little salt
1 heaping teaspoon of baking powder	$\frac{1}{2}$ nutmeg

MIX as ordinary cake and bake in a slow oven.

MRS. FRED. EVELEIGH.

SULTANA CAKE

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ lb. fine sugar, $\frac{1}{2}$ lb. Sultanas, 1 oz. peel, 2 eggs, 1 teaspoon baking powder, $\frac{1}{4}$ pint milk.

MISS RUBENSTEIN.

SULTANA CAKE

$1\frac{1}{2}$ cups of butter
6 eggs, add two at a time and beaten 5 minutes between each addition.
 $3\frac{1}{4}$ cups sifted flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ cup of thick cream
 $1\frac{1}{2}$ cups of sugar
4 cups of Sultana raisins
 $\frac{1}{2}$ cup of chopped citron
BAKE $1\frac{1}{4}$ hours in a moderate oven.

M. LOUISE GARDNER.

VICTORIA CAKE (Has yet to be beaten)

4 eggs
1 cup sugar (scant)
3 cups flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup boiling water
1 teaspoon flavoring
lemon or almond
BEAT eggs until light and foamy, then add sugar gradually and beat until dissolved. Add flour, baking-powder and salt sifted together, then boiling water and flavouring. Batter should pour. Bake 45 minutes in moderate oven. Never fails.
BAKE in loaf tin for serving with ice cream, etc., or as plain sponge cake. In sandwich tins for layer cake or Washington pie, or strawberry short-cake. Makes nice little cakes.

RUSSELL G. BOWIE.

WHITE CAKE

1 cup of sugar
 $\frac{1}{2}$ cup of butter
 $\frac{1}{2}$ cup of milk
Whites of 3 eggs
 $1\frac{1}{2}$ cups of flour
 $1\frac{1}{2}$ teaspoonfuls of baking powder
CREAM butter and sugar together. Beat whites of eggs very stiff and add milk. Then the other ingredients. Flavor with lemon. Bake 45 minutes. Making icing of yolks of eggs beaten with icing sugar and flavor with Vanilla.

LADY BERTRAM.

WHITE CAKE

$\frac{3}{4}$ of $\frac{1}{4}$ lb. of butter
CREAM well. Add $\frac{1}{4}$ teaspoonful of salt to yolks of 2 eggs, $\frac{3}{4}$ cup of milk, 2 cups of sifted flour. Beat well. Lastly, fold in whites of 2 eggs, well beaten, and 2 teaspoonfuls of baking powder.

MRS. P. M. LEMAISTRE.

QUICK CAKE

$\frac{1}{3}$ cup butter
 $1\frac{3}{4}$ cups flour
 $\frac{1}{3}$ cup brown sugar
2 teaspoons baking powder
2 eggs
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon grated nutmeg
 $\frac{1}{2}$ lb. dates cut in pieces
PUT altogether in a bowl and beat for three minutes. Bake for thirty-five minutes.

MRS. LE DAIN.

CAKE DELICIOUS

PUT 1 pound of butter and $\frac{3}{4}$ pound of sifted sugar in a basin and beat to a cream.

BEAT up 4 eggs and have 1 pound flour on a plate and add a little of the flour and a little of the egg time about till it is all used and, last of all, add $\frac{1}{2}$ teaspoonful of baking powder.

THEN pour into a greased and papered tin and bake for $2\frac{1}{2}$ hours. A little milk may be added if required, but should be put in before the baking powder.

A. McLACHLAN,
Director M.A.A.A.

LEMON CAKE

$1\frac{1}{2}$ cups sugar

2 cups flour

1 cup milk

Grate a little off the rind of lemon

2 tablespoons magic baking powder

MIX well together with yolks of 2 eggs, add the beaten whites and baking powder last, bake in ordinary cake tins.

FILLING:—

Grated rind of lemon, half the juice and yolks of 2 eggs, 1 dessert-spoon of cornstarch, small cup of water, boil until of the consistency of custard. When cold spread between layers of cake. Ice the top with icing made with the remainder of juice, beaten whites of 2 eggs and sufficient icing sugar to spread.

MISS BICKLEY.

ORANGE CAKE

1-4 cup butter

1 cup sugar

2 eggs

$\frac{1}{2}$ cup milk

$1\frac{2}{3}$ cups flour

$2\frac{1}{2}$ teaspoons magic baking powder

CREAM the butter, add sugar and mix well. Add eggs slightly beaten, then milk. Sift flour and baking powder and add gradually. Bake in 2 round tins in a moderate oven.

FILLING:—

1 tablespoon butter

3 tablespoons powdered sugar

2 tablespoons flour

$\frac{1}{3}$ cup sugar

1 egg yolk

$\frac{1}{4}$ cup orange juice

grated rind $\frac{1}{4}$ orange

1 teaspoon lemon juice

MIX flour, granulated sugar and egg yolk, slightly beaten. Add orange juice, lemon juice and rind; cook over boiling water until thick. Remove from stove and add butter and powdered sugar creamed together. Spread between layers.

Icing

CREAM together 2 tablespoons butter and 6 tablespoons icing sugar. Add the juice of 1 orange and 1 tablespoon lemon juice. Add enough icing sugar to thicken until of the right consistency to spread. Ice cake.

GLADYS MORRISON.

ORANGE CAKE AND ICING

Butter, 1 cup
Eggs, 4 (beaten separately)
Flour, $2\frac{1}{2}$ cups

Sugar, 1 cup
Baking Powder, 2 teaspoons

ICING

THE whites of 4 eggs beaten to a stiff froth. Sufficient icing sugar to make a thick custard. The juice of one lemon, the juice of one orange and grated rind of two.

G. M. ROBERTSON.

PLAIN CAKE

1-3 cup of butter, creamed
1 cup of sugar
 $\frac{1}{2}$ cup of milk
2 eggs beaten separately

2 cups of flour
3 teaspoons of baking powder
1 teaspoon of flavoring

MRS. BROCK THOMSON.

SPANISH BUN

4 eggs (keeping out two whites for icing)

2 cups brown sugar

$\frac{3}{4}$ cup butter

1 cup sour milk

$\frac{1}{2}$ teaspoon soda

$2\frac{1}{2}$ cups flour

3 teaspoons Magic baking powder

1 teaspoon cinnamon

1 teaspoon cloves

BEAT eggs (4 yolks, two whites). Cream butter, add 1 cup brown sugar, then eggs. Sift flour with baking powder and spices. Add soda to sour milk. Add flour and milk alternately. Bake in large shallow pan, well greased, 45 minutes in moderate oven.

ICING—Beat the two remaining whites of eggs stiff, fold in one cup brown sugar. Spread over hot cake and return to oven to brown lightly.

GLADYS MORRISON.

SPICE CAKE

1 cup of brown sugar

$\frac{1}{2}$ cup of butter

1 egg

1 cup of sour milk

2 cups of flour

$\frac{1}{2}$ cup of chopped raisins

$\frac{1}{2}$ teaspoon of cloves

1 teaspoon of soda

1 teaspoon cinnamon

1 teaspoon allspice

$\frac{1}{2}$ teaspoon nutmeg

Cook in slow oven for 45 minutes.

MRS. F. G. WOODS.

FRENCH CREAM CAKE

3 eggs	1 teaspoon baking powder
1 cup sugar	2 tablespoons water
1½ cups flour	1 teaspoon vanilla

MIX together quickly and bake in quick oven in two layer cake pans. Remove from pan and split each layer in two and spread the following filling between.

FILLING:

1 pint milk	1 small cup sugar
2 tablespoons corn starch	½ cup butter
2 eggs	1 teaspoon vanilla

SCALD ⅔ of the milk in pan. Dissolve corn starch in balance. When milk is ready add sugar and eggs and corn starch and cook until thick. Remove from heat and add butter and vanilla. Peel an orange very thin and chop rind fine. Beat into cream while hot and spread between layers. Let stand several hours before using.

USE only red part of orange skin.

MRS. C. E. SANDERS.

FRENCH CREAM CAKE

BEAT three eggs very well, add 1 cup sugar and two tablespoons cold water, add ¼ teaspoon salt, 1½ cups flour and vanilla to taste. Bake in layers.

FILLING—Cook 1 pint milk and 2 tablespoons corn starch with a pinch salt, ½ cup sugar, a beaten egg and vanilla to taste. Stir while cooking and add butter the size of an egg before taking from fire. Make filling first to allow to cool, then while cake is hot, split the layers and put together with filling, sprinkle powdered sugar on top. More desirable as dessert.

MRS. J. W. NORCROSS.

CREAM CAKE

BREAK into a cup one egg, add 3 tablespoons melted butter, fill up the cup with sweet milk, add to this 1 cup sifted sugar, 1½ cups sifted flour, 2 teaspoons baking powder, pinch salt, 3 drops essence of lemon.

BEAT all for five minutes and bake in a square tin.

MRS. HARRY STODDARD.

FUDGE CAKE (NEVER FAIL)

1 tablespoon butter	1 level teaspoon soda
1 cup brown sugar	1-3 cup boiling water
½ cup sour milk	2 tablespoons cocoa
1 egg	pinch salt
1½ cups flour	

CREAM butter, add sugar and egg. Add milk and sifted flour. Pour boiling water on soda and cocoa, add to first mixture and beat well. Bake in layer pans in moderate oven, ice with chocolate icing.

MRS. ALLAN CAMERON.

COCOA CAKE

BEAT $\frac{1}{2}$ cup of butter to a cream with 1 cup of sugar, add the beaten yolks of two eggs and beat well. Mix $1\frac{1}{2}$ cups of flour, $1\frac{1}{2}$ teaspoons baking powder and 2 teaspoons Fry's cocoa, thoroughly beat the whites of eggs stiff. Measure $\frac{1}{2}$ cup of milk and then add a little milk and flour alternately to the egg mixture and lastly add the beaten white of the eggs and 1 teaspoonful of lemon or vanilla. Bake in shallow pan and frost with plain cocoa frosting.

ICING. Mix $\frac{1}{2}$ teaspoon Fry's cocoa with 1 cup of powdered sugar, add one tablespoon lemon juice and 1 tablespoon boiling water or enough to make the sugar into a paste that settles to a level as soon as you stop stirring. Spread at once on hot cake

MRS. FRANK SPENCE.

CHOCOLATE NUT CAKE

CREAM $\frac{1}{2}$ cup butter and 1 cup sugar. Beat the yolks of 4 eggs until thick and light. To these add another cup of sugar, breaking continually, then combine mixtures. Add $\frac{3}{4}$ cup English walnuts broken in pieces. Add 2 ozs. bitter Chocolate, melted over hot water; add 2 1-3 cups pastry flour sifted with 4 level teaspoons baking powder, alternately with 1 cup milk. Add $\frac{3}{4}$ teaspoon vanilla. Lastly cut and fold in the beaten whites of 4 eggs.

MRS. FRED. TAYLOR.

FRUIT CREAM CAKE

1 cup brown sugar
2 eggs
Butter size of an egg
2 cups flour

1 cup sour cream
1 teaspoonful soda
1 teaspoonful cinnamon
 $1\frac{1}{2}$ cups seeded raisins

MRS. H. B. YATES.

MOCHA CAKE

1 cup white sugar
 $\frac{1}{2}$ (big) cup butter
2 eggs
1 cup milk

2 (level) cups of flour
3 teaspoons baking powder
Pinch of salt

CREAM sugar and butter. Add beaten eggs and milk gradually. Add salt, sift flour and baking powder well and whip in with mixture.

CHOCOLATE MOCHA ICING. $1\frac{1}{2}$ cups of icing sugar, 1 tablespoon cocoa, 2 tablespoons of butter, enough hot coffee (liquid) to make thick icing, pinch of salt, a teaspoon vanilla.

Put sugar in soup plate, then cocoa and salt and vanilla, then hot coffee till you get a good consistency Spread on cake roughly, tossing up the surface with a fork to make pattern.

MRS. D. F. GURD.

BOSTON CREAM CAKE

(Cream Filling)

PUT on 2 cups milk to scald in double boiler. Break 2 eggs into dish, and add 1 cup sugar, and $\frac{1}{2}$ cup flour previously blended. Beat well and stir into milk, add 2 tablespoons butter. Stir until thickened. Add 2 teaspoons vanilla.

CAKE

3 eggs beaten separately, 1 cup granulated sugar, $1\frac{1}{2}$ cups sifted flour, 1 large teaspoon baking powder, 2 teaspoons water. Bake in two round cake tins. Split while warm. Pile four layers together with filling between. Dust top with fruit sugar.

JANE BUCKHAM.

MAPLE SYRUP CAKE

$\frac{1}{2}$ cup of butter	$2\frac{1}{2}$ cups of flour
$\frac{1}{2}$ cup of granulated sugar	$\frac{2}{3}$ teaspoon soda
2 eggs beaten light	2 teaspoons baking powder
1 cupful of maple syrup	$\frac{1}{2}$ teaspoon of ground ginger
$\frac{1}{2}$ cupful of hot water	

CREAM the butter, add gradually the sugar then the eggs without separating the yolks and whites. Add maple syrup, then the water alternately with the flour which has been sifted and then sift with the soda, baking powder and ginger added.

BAKE in an Angel cake tin about fifty minutes.

ICING FOR MAPLE SYRUP CAKE

DISSOLVE $\frac{3}{4}$ cup granulated sugar with 1-3 cup of boiling water. Let boil till it forms soft ball when tested in cold water, then pour syrup slowly on the beaten white of an egg, beat constantly till stiff enough to spread on cake.

MAKE maple icing same as boiled icing except use 1 cup of maple sugar and 1 tablespoon of white corn syrup in place of granulated sugar.

MRS. F. L. SPOOR.

MERINGUE CAKE

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup sugar	4 egg yolks
1 cup flour	1 pinch of salt
2 teaspoons baking powder	1 teaspoon vanilla

MERINGUE

4 egg whites $\frac{1}{4}$ cup chopped, blanched almonds

$\frac{3}{4}$ cup sugar

BEAT egg whites until beater will stand alone in them. Beat in sugar, spread on cake batter and sprinkle with coarsely chopped nuts, cut in squares before removing from pan.

METHOD

A CREAM butter and add sugar beating thoroughly.

B Add well beaten egg yolks and beat until the sugar is thoroughly dissolved.

C ALTERNATE flour, sifted with salt and baking powder with milk.

D ADD vanilla—pour into buttered and floured tin and cover with meringue—bake in 350 F. oven for about thirty minutes. This requires a 9 x 9 inch shallow pan.

MERINGUE is cooked at same time as cake.

SISTER ST. MARY EDITH,

Director, Montreal Cooking School.

MYSTERY CAKE

2 well beaten eggs with salt, add a tablespoon water, 1 cup sugar, $\frac{3}{4}$ cup sifted flour, 1 teaspoon vanilla extract, 1 teaspoon baking powder, 1 cup chopped nuts, 1 cup chopped dates.

PUT mixture in well buttered pan, bake thirty minutes, cut while a little hot and sprinkle with powdered sugar.

MRS. J. Y. PATRICK

NO NAME CAKE

4 eggs
1 cup of sugar
1 teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ cup potato flour
1 teaspoon wheat flour
1 teaspoon baking powder

BEAT the yolks of eggs and white separately, then add half of sugar to the whites and half to yolks. Beat again. Sift potato flour, wheat flour and baking powder and salt together and add to egg mixture. Add vanilla. Grease muffin tins or layer cake tins and bake in a moderate oven (320 degrees). It requires thirty minutes to bake the cake in the muffin tins; forty-five minutes to bake the layer cake.

ICING

YOLK of one egg, confectioner's sugar, two to three tablespoons butter, strong coffee. Cream butter and egg yolk together, add sugar and coffee alternately until enough icing is made. This will take up about one and one-half cups sugar.

LADY MEREDITH.

ICED CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
Whites of 2 eggs

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour
 $2\frac{1}{2}$ teaspoons baking powder

BAKE in deep narrow pan, ice top when cool.

MRS. J. COCHRANE KING.

LADY BALTIMORE CAKE

BEAT 6 egg yolks until thick. Add $1\frac{1}{4}$ cups granulated sugar, 1 teaspoon almond extract (or $\frac{1}{2}$ teaspoon orange extract and $\frac{1}{2}$ teaspoon vanilla), $1\frac{1}{4}$ cups flour, and the egg whites beaten separately with $\frac{1}{8}$ teaspoon cream of tartar and $\frac{1}{8}$ teaspoon salt. Bake in large round ungreased tube pan forty-five to sixty minutes in slow oven.

MRS. G. R. BUCKHAM.

HOT MILK SPONGE CAKE

2 eggs
1 cup sugar
1 cup flour

$\frac{1}{2}$ cup milk (scalded)
1 teaspoon butter (melted)
1 teaspoon flavoring

2 teaspoons Magic baking powder

BEAT, then add milk with melted butter. Beat mixture and add flavoring. Bake in moderate oven until it shrinks from sides of pan. This makes a large sheet of very light cake.

MRS. ALLAN CAMERON.

AN EASY AND DELICIOUS SPONGE CAKE

4 eggs	1 cup flour
1 cup white sugar	1 salt spoon baking powder
4 tablespoons water	

GRATED rind of lemon and some of the juice—a dessertspoonful. Beat whites to stiff froth, boil the sugar and water together till clear, then pour that into whites beating as you turn in slowly. While that is cooling beat up your yolks, grate lemon and sift flour and baking powder which must be sifted three times, when the whites are quite cool beat in yolks and then flour, a little at a time. Just fold it in beating as little as possible. Bake in rather a hot oven. Better to make with a wire spoon as that keeps it light.

MRS. JOHN McLEAN.

SPONGE CAKE

BEAT the whites of four eggs to a stiff froth. Add $\frac{1}{2}$ cup sugar. Beat the yolks separately, as stiff as possible. Add $\frac{1}{2}$ cup sugar. Add the juice of two oranges, and fold in the two mixtures with a cup of pastry flour and one teaspoonful of baking powder. Cook for twenty minutes in a moderate oven.

COOK, Medical Arts Hospital.

SPONGE CAKE

BEAT the yolks of 2 eggs, add 1 cup sugar, mix well, then add stiffly beaten whites of 3 eggs and $\frac{1}{2}$ cup boiling water slowly. Stir in $1\frac{1}{2}$ cup of flour which has been sifted with 1 dessertspoonful of baking powder. Flavour with 3 drops bitter almond extract. Bake in a moderate oven about forty minutes.

M. KATHERINE TASKER.

RAISIN FUDGE CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{2}$ cups of flour sifted
$1\frac{1}{2}$ cups of brown sugar, sifted	1 teaspoon soda
2 egg yolks	$\frac{1}{2}$ teaspoon cinnamon
1 cup chopped raisins	$\frac{1}{4}$ teaspoon cloves
4 ounces Fry's Chocolate melted	2 egg whites
$\frac{1}{2}$ cup brown sugar, sifted	$\frac{1}{3}$ cup blanched almonds
$\frac{1}{2}$ cup hot water	2 tablespoons granulated sugar
$\frac{1}{2}$ cup sour milk	

BEAT butter to a cream and mix with it the first quantity of sugar, add the beaten yolks of eggs then add to the mixture the second quantity of sugar, raisins and melted chocolate. Sift together the flour, soda and spices and add to the mixture alternately with the hot water and sour milk and lastly the egg whites beaten light. Bake in Angel cake pan. Split the almonds in half and stick on top of cake and sprinkle over the granulated sugar. Bake fifty minutes.

MRS. F. L. SPOOR.

RICE CAKE

1 lb. of powdered sugar, 1 lb. fresh butter, stir it very lightly until creamy, add one nutmeg, grated, 1 lb. of rice flour, 8 eggs, well beaten. Put in the rice flour and eggs alternately. Mix what flour you put in before you add any of the eggs.

ONE glass of white wine and one glass of brandy, enough ratafia to taste and bake.

LADY MEREDITH.

SOUR CREAM CAKE

1 cup brown sugar	2 cups sifted bread flour
1 scant tablespoonful shortening	1½ cups fruit—dates particularly good
1 egg	spices to suit
1 cup sour cream	
1 teaspoonful soda bi-carbonate	

MRS. C. R. BOURNE.

SWISS CAKE

1 egg, ½ lb. butter, ¼ lb. sugar, ¼ lb. butter, 1 small teaspoon baking powder, rind of one lemon, raspberry jam.

PROCESS—RUB butter into flour until like bread crumbs, add sugar, lemon and baking powder. Mix well, then add beaten egg and mix with the hands until soft enough to roll out. Divide into two parts, roll out, cover a buttered dinner plate and spread with Raspberry jam, then put on cover; brush over with egg, and sprinkle with coconut on top. Cook in moderate oven.

E. L. WAIN.

VERMICELLI CAKE

SIMMER half a pound of vermicelli in one quart of milk until well thickened. Mix into it four ounces of sugar, three ounces of butter, two ounces of currants, two ounces of sultana raisins, the grated rind of half a lemon, a little mace, and a pinch of salt, and six yolks of eggs. Beat four whites of eggs to a firm froth and draw in lightly. Put the mixture in a square cake pan, buttered and sprinkled with bread crumbs, about two inches in thickness. Bake to a nice colour. Serve cut in squares with a hot fruit sauce.

A. GOIS,
Chef de Cuisine, Windsor Hotel.

ANGEL CAKE

1 cup egg whites and 1 egg white	1 teaspoon cream of tartar (level)
1½ cups fine granulated sugar	1 good pinch salt
1 cup pastry flour	1 teaspoonful vanilla extract

METHOD

(A) BEAT egg whites with salt on a platter with a wire whisk until they are foamy, add cream of tartar and continue beating until the whip will stand erect in the whites.

- (B) Fold in sugar, by sifting on the surface of the egg whites and folding very gently.
- (C) Add flour, like the sugar, about two teaspoons at a time.
- (D) Add flavouring, folding in gently.
- (E) Pour into tube pan at least 9 inches in diameter and set on a grill as near the middle of the oven as possible.
- (F) The pan should never be buttered or floured and, if a gas stove or electric oven is used, put cake in cold oven and let temperature rise to 300F.
- (G) Cook at 300 F. for forty-five minutes. Remove from oven and invert over a funnel and let cool for 20 minutes.
- (H) Run a knife around sides and tube and shake out of pan.

SISTER ST. MARY EDITH,

Director, Montreal Cooking School.

ANGEL CAKE

Whites of 12 eggs
1½ cups sugar
1 cup flour

1 teaspoon almond flavor
1 teaspoon cream tartar

BEAT the whites of eggs very light, sift sugar four times, beat lightly into the whites of eggs then flavor, sift flour four times, measure and add cream tartar and sift again, then beat into sugar and eggs. Bake one hour in a very slow oven.

MRS. C. S. VIRTUE.

JELLY ROLL

3 eggs beaten separately until very light, then beaten together. Add one cup sugar, ½ cup milk, one cup flour in which put one teaspoon baking powder. Spread very thin on a well greased and floured long shallow pan. Bake in moderate oven. Spread with jelly while warm and roll.

MRS. WM. NORTHEY.

CHOCOLATE CAKE

2 ounces unsweetened Chocolate (melted)

½ cup milk
1 tablespoon butter
1 yolk egg
1 small cup sugar

1 teaspoon vanilla
¼ teaspoon salt
1 cup flour

BAKING powder, 1½ teaspoon, sift twice with flour, add whites of egg, beaten stiff.

ICING, 1 tablespoon butter, 1 tablespoon strong coffee, 1 tablespoon cocoa. Icing sugar to make stiff well beaten and put on with a knife.

MISS SCOTT.

CHOCOLATE CAKE

ONE half cup butter, one cup sugar, two eggs, one half cup milk, 1½ cups flour, 2½ teaspoons baking powder, two ozs. chocolate, melted; one half teaspoon vanilla.

CREAM the butter, add sugar gradually, yolk of eggs well beaten, then whites of eggs beaten until stiff. Add milk, flour mixed and sifted with baking powder and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in shallow cake pan.

MRS. D. J. H. MURDOCH.

CHOCOLATE CAKE WITH BROWN SUGAR FROSTING

1 cup white sugar	3 level teaspoons baking powder
$\frac{1}{2}$ cup butter (scant)	$\frac{1}{4}$ teaspoon soda
2 cups eggs	$\frac{1}{4}$ teaspoon cinnamon
$1\frac{1}{2}$ cups flour	

2 ounces of chocolate melted over hot water (add this last)

FROSTING— $1\frac{1}{4}$ cup brown sugar (water to cover). Boil until it spins a thread, pour over stiffly beaten egg whites. Beat until creamy and spread thickly on top of cake. Chopped nuts may be sprinkled on top if liked.

MRS. KNEEN.

SPICE CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt
1 cup sour milk	1 cup walnut meats, cut fine
$\frac{1}{4}$ teaspoon cloves	1 cup sugar
1 egg	1 cup chopped raisins
2 cups flour	1 teaspoon cinnamon
1 teaspoon soda	

CREAM together the butter, salt and sugar, add the beaten egg, milk, raisins and walnut meats, cut fine, the flour, cloves, and cinnamon. Last of all, add the soda dissolved in a little water. Bake about forty minutes in moderate oven, 375 degrees.

LADY MEREDITH.

SCOTCH CAKE

$\frac{1}{2}$ lb. butter, washed and creamed,	8 tablespoons pulverized sugar,
4 cups sifted flour	Pinch salt

WHEN butter has been washed and creamed, slowly add sugar, and when thoroughly creamed add flour very gradually. Roll about $\frac{1}{2}$ inch thickness and cut in desired shapes. Cook in a very slow oven.

MRS. H. I. NELSON.

SCOTCH SHORT BREAD

2 lbs. of flour	$\frac{1}{2}$ lb. moist brown sugar
1 lb. butter	

BEAT butter to a cream. Beat in sugar and a little salt. Gradually work in flour, roll out about $\frac{1}{2}$ inch thick.

PRICK all over with fork, cook about three-quarters of an hour in a moderate oven.

MRS. J. Y. PATRICK.

SCOTCH SHORT CAKE

CREAM one-half pound of butter and 3 tablespoons of castor sugar; Mix two breakfast cups of flour with 3 tablespoons of rice flour, add to creamed butter; 1 tablespoon of milk and pinch of salt. KNEAD very little and bake in moderate oven.

M. J. LINDSAY.

SMALL CAKES

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ORANGE ROCK CAKES

½ lb. flour	3 ozs. butter
½ teacupful sugar	1 egg
2 teaspoonfuls baking powder	1 orange

PUT flour, sugar and baking powder in basin, mix well. Rub in butter, grate in ½ rind of orange. Add juice of whole orange and egg well beaten to make a very stiff dough. Take off in rough pieces about the size of a walnut, with two forks, and bake in small buttered tins—ten or fifteen minutes in quick oven.

M. BOYLE.

QUEEN CUP CAKES

THE weight of two eggs in butter, sugar and flour, a few currants and a little baking powder.

BEAT sugar and butter to a cream, add the eggs well beaten then the flour, currants and baking powder.

PUT in small patty-pans and sprinkle with chopped almonds.

COOK in moderate oven.

M. J. LINDSAY.

ROCK CAKES

1 cup butter, 1 cup granulated sugar, 3 eggs beaten separately, 3 cups flour, 2 teaspoons baking powder, 1 cup chopped raisins, 1 cup chopped walnuts, 1 teaspoon ground cinnamon. Mix all well together, and drop in teaspoonfuls on a slightly greased dripping pan. Prick with fork and bake in moderate oven.

MARGARET CURRIE.

BROWN BETTYS (Wafers)

1 cup of crushed walnuts	2 dessertspoons of flour (level)
1 cup of brown sugar	2 dessertspoons of butter (melted)
1 egg	1 teaspoon essence of Vanilla

ALL ingredients are put together and stirred for five minutes and baked in a very slow oven.

LADY CURRIE.

"DELICES MADRIDS"

A variety of almond shortcake or biscuits.

1 lb. finely ground almonds.
1 lb. butter, well washed to free it from salt.
1 lb. sugar.
1 $\frac{1}{4}$ lbs. flour.
1 or 2 teaspoonfuls of orange flower water.
4 eggs.

Mix and roll out in the same manner as cookies, about $\frac{1}{8}$ of an inch thick. Cut out with a round scalloped edge cutter the size of a half-penny or old fashioned cent. Lay the biscuits out on slightly greased or oiled baking tins, about 2 inches apart. Bake in a moderately hot oven of same heat as you would have for cookies. When the biscuits are baked and cool enough to handle stick two of them together with apricot jam.

HORACE JOYCE.

SHREWSBURY CAKES

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, 6 oz. sugar, 1 egg. Beat butter to a cream, add egg beaten, sugar and flour, mix with spoon or fork, roll out very thin like pastry, cutting in rounds like biscuits. Bake till light brown and crisp. Sprinkle with sugar on top.

MISS RUBENSTEIN.

COCOANUT CAKES

Whites of three eggs
Small cup of sugar
1 tablespoon flour

Pinch of salt
 $\frac{1}{2}$ lb. cocoanut

Mix dry ingredients, add whites of eggs well beaten and bake in cool oven.

MRS. MACKENZIE.

COCOA DROP CAKES

4 tablespoons shortening
1 cup sugar
1 egg
 $\frac{1}{2}$ cup milk
1 $\frac{3}{4}$ cups flour

3 teaspoons baking powder
 $\frac{1}{2}$ cup cocoa
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla extract

CREAM shortening; add sugar and beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth; add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about twenty minutes. Cover with boiled icing.

OR bake in shallow pan; cool, and before removing cut across diagonally to make diamond-shaped pieces; cover with icing.

MRS. JAMES CLEGHORN.

COCOANUT DROPS

CREAM 2 tablespoons butter and $\frac{1}{4}$ cup sugar, add 1 well beaten egg, 1 cup cocoanut, then add $\frac{1}{2}$ cup flour, 1 teaspoon baking powder. Chill thoroughly. Drop on buttered pan in small balls. Press with fork till $\frac{1}{2}$ inch thickness. Moderate oven.

MRS. C. G. PATTERSON.

MARGUERITES

White of 1 egg $\frac{1}{2}$ cup sugar
1 small cup of walnuts, chopped fine

BEAT egg stiff, add sugar and nuts and 1 teaspoon vanilla. Spread on water wafers and brown slowly.

MRS. WARREN LEARY.

HONEY HERMITS

1 cup strained honey 3 level teaspoons Magic baking
3 tablespoons butter powder
1 cup flour 2 cups cooking bran, pinch salt

BEAT together the honey, eggs and butter, add flour sifted with salt and baking powder, add the bran, stir briskly. Drop by spoonfuls on a well greased pan. Bake twenty-five minutes in a slow oven. Currants or chopped raisins are a nice addition.

MRS. GEORGE MASON.

LITTLE DATE CAKES

(For Afternoon Teas)

1 cup sugar 1 teaspoon baking soda and
 $\frac{3}{4}$ cup butter, cream together 2 teaspoons cream of tartar
2 tablespoons milk sifted with $2\frac{1}{2}$ cups flour
2 eggs

ROLL out and cut round as for cookies.

On each round or cookie, put a spoonful of date filling and cover with another round (or cookie). Press edges together with fork and bake in moderate oven about thirty minutes.

FILLING (for cookies)

2 cups dates chopped fine $\frac{1}{4}$ cup water
1 cup sugar

BOIL slowly until soft and let cool, previous to making the little date cakes.

ESTELLE LETTAU.

DATE FINGERS

1 cup nuts, 1 cup chopped dates, $\frac{1}{4}$ cup flour mixed together, and add $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup more flour, 1 teaspoon baking powder, salt, 2 or 3 beaten eggs.

SPREAD mixture in buttered pan and bake slowly twenty minutes. When cold, cut in fingers and roll in icing sugar.

TREVA M. TILLEY.

LEMON WAFERS

DAINTY lemon wafers to serve with ice cream are made of 2 eggs, their weight in sugar, and half their weight in flour, and the grated rind of 1 lemon. Beat thoroughly. Then drop on a buttered pan, and bake till a light brown. Flatten the cake as it spreads on the pan.

M. McDONALD.

NUT BARS

1 lb. shelled almonds

1 cup pulverized sugar

2 egg whites

PUT almonds through meat chopper (finest grinder), add egg whites and sugar. Pat out thin on oiled paper and bake in moderate oven until a light brown. Cut in fingers before baking.

MRS. J. N. MCGOWN

NUT BARS

1 cup sugar

5 level tablespoons flour

1 egg

Pinch of salt

1 cup walnuts

Pinch of soda

BEAT egg and sugar to a cream. Put chopped nuts in flour, etc., then beat all together. Spread on a tin about 7 inches square. Cook in medium oven. When taken out of the oven this should be soft. Let stand till begins to harden, then turn out and cut in bars about the length and width of lady fingers. Wrap up in paraffin paper and put in tin box to soften. Better made a day or two before needed.

MRS. D. F. GURD.

SCOTTISH FANCIES

2 egg whites

1 cup shredded cocoanut

1 cup white sugar

2 tablespoons melted butter

1 cup rolled oats

Pinch of salt, little Vanilla

BEAT egg whites stiff, add sugar, rolled oats and cocoanut, salt and flavouring, then melted butter. Drop by teaspoon on heated, buttered tin and bake in moderate oven until brown.

MRS. WM. EWING, JR.

DATE CHEWS

1 cup dates chopped

$\frac{3}{4}$ cup pastry flour

1 cup walnuts

1 teaspoon salt

1 cup sugar

vanilla to taste

$\frac{1}{2}$ cup cocoanut

2 eggs

MIX dry ingredients together then add eggs.

BAKE in a very shallow pan in a thin layer—when finished, cut in small squares. Take small square out and roll into a ball, with your hands, then roll in sugar. Do this while hot.

MRS. F. SCANDRETT.

DATE JUMBLES

3 eggs	2½ cups flour
½ cup shortening	1 teaspoonful baking soda
1½ cups brown sugar	1 teaspoonful cream of tartar
1 lb. dates	2 teaspoonfuls vanilla
1 cup shelled walnuts	

DROP from a teaspoon and bake in a moderately hot oven.

MRS. JOHN SCOTT.

DATE OATMEAL CAKE

1 pound dates, stoned. ¼ cup sugar. 1 cup boiling water. Let boil till thick. Let cool.

OATMEAL MIXTURE

1½ cups flour	1 teaspoon baking powder
1¾ cups rolled oats	½ teaspoon salt
1 cup brown sugar	

1 cup shortening rubbed into dry ingredients thoroughly

PLACE in pan two layers waxed paper, spread half oatmeal mixture in pan, then put in date mixture, then remainder dry mixture. Bake in a moderate oven about forty minutes. This cake is delicious and will keep quite a time.

MRS. C. G. PATTERSON.

DATE STICKS

6 tablespoons pulverized sugar	¾ cup chopped nuts
2 tablespoons butter	6 tablespoons flour
2 eggs (unbeaten)	1 teaspoon baking powder
1 cup chopped dates	

BAKE in sheet about inch thick. When done cut in strips and roll in pulverized sugar.

MRS. H. I. NELSON.

DATE STRIPS

3 eggs beaten light	½ teaspoon salt
1 cup sugar	1 teaspoon vanilla essence
1 cup flour	1 lb. dates stoned and chopped fine
1 teaspoon baking powder	1 cup walnuts chopped fine

BEAT eggs with dover beater very light, add sugar slowly, mix flour with baking powder and salt, and sieve three times. Chopped nuts and dates are next sifted over with a little flour, to keep them separated, and are all mixed with the sifted flour and baking powder. Fold mixture slowly into the beaten eggs. Bake in pan 11 x 7 for thirty minutes in moderate oven. When baked cut into strips about an inch wide, and 3 inches long, and roll in powdered sugar while warm.

ESTELLE LETTAU.

MOCHA CAKES

$\frac{1}{2}$ cup butter
1 cup of sugar
1 egg

$\frac{3}{4}$ cup of milk
3 teaspoons baking powder
2 cups of flour

BAKE in shallow pan. Cut in small squares and ice with following: $\frac{1}{2}$ cup butter creamed with three cups of icing sugar, 2 tablespoons of milk, vanilla, roll in almonds, which have been blanched, browned and rolled very fine.

MRS. A. S. BYRD.

INEXPENSIVE INDIVIDUAL CAKES

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup sugar
1 egg

$\frac{1}{2}$ cup milk
Flour enough to make a light batter
 $2\frac{1}{2}$ teaspoons of baking powder

CREAM butter, add sugar gradually, then egg, milk and flour alternately—beat well, when ready to cook add baking powder. Bake in gem pans, served with whipped cream icing topped, either with a nut or cherry.

MRS. HUGH WALKEM.

MARGUERITES

2 eggs
1 cup brown sugar
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoonful baking powder

$\frac{1}{3}$ teaspoonful salt
 $\frac{1}{2}$ cup nut meats, cut in small pieces
 $\frac{1}{2}$ cup crumbled bran

BEAT eggs slightly and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of the mixture. Bake fifteen minutes.

M. BOYLE.

ALMOND FINGERS

BEAT half cup butter to a cream, gradually beat in $\frac{1}{2}$ cup sugar, yolks of 4 eggs beaten light, 3 tablespoons milk, lastly cup of flour sifted twice with one teaspoon baking powder. Spread mixture in a shallow pan. Beat whites of eggs very dry, gradually beat into them $\frac{3}{4}$ cup sugar, then fold in $\frac{1}{2}$ cup almonds, blanched and chopped. Spread this mixture evenly over the cake mixture. Dredge the top with sugar and cinnamon.

BAKE 30 minutes—when finished cut in strips 1 inch wide and 2 inches long.

MRS. F. SCANDRETT.

BOSTON COOKIES

1 cup butter
 $1\frac{1}{2}$ cups sugar
3 eggs
2 cups flour
1 cup sour milk
 $\frac{1}{2}$ cup currants
1 cup raisins

$\frac{1}{2}$ cup nuts
 $\frac{1}{2}$ teaspoon soda dissolved in a little water
 $\frac{1}{2}$ teaspoon salt
1 teaspoon each of cinnamon, cloves and nutmeg

BAKE in a moderate oven.

MRS. C. S. VIRTUE.

BRAN COOKIES

$\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup butter, 1 heaping teaspoon, ground ginger, $\frac{1}{2}$ cup Sultana raisins, $\frac{1}{2}$ cup walnut meats 2 cups flour, 1 level teaspoon soda, 1 heaping teaspoon baking powder, $1\frac{1}{2}$ cups bran, 1 egg, $\frac{1}{2}$ cup water. MIX sugar, butter, egg; add water with soda, flour and baking powder, add rest of ingredients. Drop by teaspoonfuls on greased pan.

MRS. R. E. JAMIESON.

BROWN SUGAR COOKIES

$1\frac{1}{2}$ cups of brown sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup of butter	1 teaspoon vanilla
$\frac{1}{2}$ cup hot water with	3 scant cups of flour
1 teaspoon soda	

DROP on greased pans and bake.

MRS. GARDNER.

BROWNIES

$\frac{1}{2}$ cup butter	2 eggs
1 cup sugar	$\frac{1}{2}$ cup walnuts
2 ounces unsweetened chocolate	$\frac{1}{2}$ cup of flour
$\frac{1}{4}$ teaspoon salt	

CREAM butter, add remaining ingredients, pour in buttered tins. Bake ten to fifteen minutes. Cut in squares immediately after removing from oven.

F. L. SCOFIELD.

BROWNIES

1 cup granulated sugar with 2 eggs beaten into it. 1 tablespoon melted butter, 2 ounces melted chocolate, $\frac{1}{2}$ cup flour, 1 cup chopped nuts.

BAKE in moderate oven fifteen minutes. Cut in squares.

M. C. HAUGHEY.

BROWNIES

1-3 cup butter	1 egg, well beaten
1-3 cup white sugar	7-8 cup bread flour
1-3 cup molasses	1 cup chopped walnuts

MIX ingredients in order given. Bake in small shallow fancy cake tins, garnishing top of each cake with one half walnut.

MRS. H. A. ROWLANDS.

MACAROONS—OATMEAL

3 cups rolled oats	1 teaspoon baking powder
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	1 egg
1 teaspoon vanilla	

BEAT mixture well—form in balls. Bake in quick oven.

M. STEVENSON.

MACAROONS

BEAT whites of two eggs to stiff froth. Add slowly scant cup of white sugar and one tablespoon corn starch mixed together. Place mixture in double boiler and cook fifteen minutes stirring frequently. Now add two scant cups shredded cocoanut and teaspoon vanilla. Drop on well buttered pan from teaspoon and bake a delicate brown. Moderate oven.

MRS. H. I. NELSON.

MACAROONS FANCY

2 lbs. powdered sugar 3 ozs. flour
2 lbs. almond paste $\frac{3}{4}$ pint whites of eggs

WORK paste smooth with the egg whites, add sugar and flour. Run out on papered pans, with star tube in any design. Decorate with glazed fruit or blanched almonds, and let them stand until dry.

BAKE in a quick oven just to brown. Wash with gelatine or sugar wash.

A. E. J. MILTON,
(Steward) University Club.

MAPLE MACAROONS

BEAT the whites of two eggs until stiff adding gradually while beating two cups shaved maple sugar. Quickly stir in two cups finely chopped nuts and one-quarter teaspoon salt. Drop by teaspoons on a buttered baking sheet one inch apart, and bake in slow oven fifteen to twenty minutes.

MRS. CHARLES J. O'BRIEN.

CORN FLAKE COOKIES

$\frac{1}{2}$ cup sugar, 1 tablespoon butter creamed together, 1 egg, 1 cup desiccated cocoanut, pinch of salt, 2 cups cornflakes.

DROP in pan in small quantities and bake in moderate oven.

MISS A. M. BABCOCK.

DATE COOKIES

2 tablespoons shortening 1 level teaspoon soda
1 cup brown sugar 1 cup flour
1 egg 1 cup Graham flour
 $\frac{1}{4}$ cup sour milk

CREAM shortening, add sugar and egg, add soda dissolved in sour milk, then the flour, mix stiff enough to roll out, cut with cookie cutter, and put date filling between, bake about twenty minutes.

FILLING—1 package dates, $\frac{1}{2}$ cup brown sugar, 1 cup hot water. Boil all together.

MRS. ALLAN CAMERON.

DATE COOKIES

1 lb. stoned dates	1 teaspoon of baking soda
2½ cups of rolled oats	½ cup warm water
2½ cups of flour	1 cup granulated sugar
1 cup of brown sugar	½ cup of cold water
1 cup of butter	

FILLING—Boil dates, granulated sugar and cold water together until soft and allow to cool.

COOKIES

CREAM brown sugar and butter, add the rolled oats and flour, mix well with hands. Add hot water and soda then roll out thin and cut with cookie cutter.

COOK in oven then spread with filling and stick together.

MRS. C. F. STURDY.

DATE COOKIES

½ cup butter	1 teaspoon soda
½ cup lard	nutmeg
2 cups brown sugar	1 egg
½ cup sour milk	enough flour to roll soft

FILLING—1 lb. dates, stoned and cut, 1 cup brown sugar, 1 cup water and cook till thick.

ROLL cookie mixture very thin, put two cookies together with filling between and bake.

MRS. G. T. VENABLES.

DATE COOKIES

4 cups flour, 2 cups brown sugar, 3 eggs, 1 teaspoon cream tartar, 1 teaspoon soda beaten in the eggs, 1 cup of butter and lard, roll thin.

FILLING—1 lb. dates, 1 cup hot water, ½ cup sugar, add if liked ½ cup chopped nuts; boil till thick. When cold spread between cookies and bake in fairly hot oven.

MRS. GEORGE LEE.

DATE COOKIES

1 cup brown sugar	½ teaspoon soda dissolved in milk
1 cup butter or other shortening	2 cups rolled oats (fine)
½ cup sour milk	2 cups flour

MIX well and roll thin. Cut in small rounds, putting two rounds together with following filling: 1 cup dates (stoned and cut in pieces), ½ cup brown sugar, 1 cup water. Stew until thick and flavour with a little Vanilla.

MRS. J. N. MCGOWN.

COOKIES

2 cups brown sugar
 $\frac{3}{4}$ cup butter
 $\frac{3}{4}$ cup nuts (chopped)
3 cups flour

2 eggs
1 level teaspoon soda
1 level teaspoon cream tartar
pinch of salt

Mix all together and knead like bread and make into roll and let stand over night, slice thin and bake.

MRS. C. C. GALE.

HARUM SCARUM COOKIES

1 cup brown sugar
 $\frac{1}{2}$ cup butter
2 eggs
 $\frac{1}{2}$ cup molasses
1 teaspoon baking soda

1 cup chopped walnuts
1 cup raisins (seeded)
1 teaspoon ground cloves
1 teaspoon cinnamon
 $1\frac{1}{2}$ cups flour

MRS. FULLER GREENLEESE.

GINGER SNAPS

1 egg
1 cupful molasses
1 cupful dark sugar
 $\frac{3}{4}$ cup lard

2 tablespoons vinegar
 $1\frac{1}{2}$ tablespoonfuls ginger
 $1\frac{1}{2}$ teaspoonfuls soda
flour enough to roll out

MRS. A. D. DURNFORD.

GINGER SNAPS

1 cup sugar, 1 cup shortening, 1 cup molasses, $\frac{1}{2}$ cup water, 1 teaspoon soda, 1 tablespoon vanilla, 1 teaspoon ginger, pinch salt, flour to stiffen.

MRS. R. E. JAMIESON.

LILY CAKES

3 eggs
1 cup of flour
1 cup of sugar

$\frac{1}{4}$ cup of cold water
2 teaspoons of baking powder

BAKE in small buttered saucers, when baked and hot roll in shape of lily.

WHIP $\frac{1}{2}$ pint of cream and when ready to serve, fill the lily with this cream, which has been sweetened and flavored to taste.

MRS. M. BOYD.

CREAM PUFFS

1 cup of water, with $\frac{1}{2}$ cup butter, bring to a boil, then put one cup flour. Stir well, let cool off and add three eggs each separate, drop a spoonful on buttered pan and bake twenty minutes in hot oven. Split and fill with whipped cream.

MRS. J. COCHRANE KING.

Ginger Bread & Johnny Cake

Made Feb 7th 1968 □ □ □

GINGERBREAD

1 cup molasses	1 teaspoon ground allspice
$\frac{1}{2}$ cup brown sugar	2 teaspoons baking soda
$\frac{1}{2}$ cup butter	3 cups flour
1 teaspoon ground ginger	2 eggs
1 teaspoon ground cloves	1 cup boiling water
1 teaspoon ground cinnamon	1 teaspoon baking powder

BEAT butter and sugar to a cream, add molasses, flour, spices and baking powder, soda in boiling water and lastly eggs well beaten. Turn into buttered and floured tins and bake for half to three-quarters of an hour in a moderate oven. You can also add raisins or preserved ginger if desired.

W. H. R. DENMAN,
Director, M.A.A.A.

GINGER BREAD

1 cup brown sugar, 1 cup molasses, $\frac{1}{2}$ cup butter, boil two minutes. 1 egg, 1 cup milk, 1 teaspoon soda, 1 teaspoon baking powder, pinch of salt, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, flour enough to make a thin batter. Bake in slow oven.

MISS A. M. BABCOCK.

GINGER BREAD

1 cup brown sugar	$1\frac{1}{2}$ cups of molasses
$\frac{1}{2}$ cup of butter	
Dissolve 1 teaspoon soda in 1 cup of sour milk	
1 teaspoon ground ginger	2 eggs
1 teaspoon ground cinnamon	$2\frac{1}{2}$ cups of flour

MRS. R. BROCK THOMSON.

GINGER BREAD

3 cups flour	2 eggs
1 cup of sour milk	1 teaspoon (heaping) soda
1 cup brown sugar	2 teaspoons ginger
1 cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon grated nutmeg

MRS. C. H. HANSON.

MARSHMALLOW GINGERBREAD

MELT $\frac{1}{2}$ cup butter, add one cup molasses, one well beaten egg, one cup milk and $2\frac{1}{2}$ cups pastry flour mixed and sifted with $1\frac{3}{4}$ teaspoons soda, 2 teaspoons ginger and one teaspoon of salt. Turn into buttered and floured dripping pan and bake in moderate oven twenty-five minutes. Remove from pan, cut in halves, spread $\frac{1}{2}$ with marshmallows, cover with other half and place marshmallows on top. Put in oven and let stand 5 minutes. Serve with sweetened and flavoured whipped cream.

V. HUNTER.

JOHNNY CAKE

2 cups of flour	1 egg
1 cup of corn meal	1 teaspoon soda
$\frac{1}{2}$ cup of sugar	2 teaspoons cream tartar
$\frac{1}{2}$ cup of butter	Milk to make a medium batter

R. BROCK THOMSON,
Director, M.A.A.A.

JOHNNY CAKE

1 egg, $\frac{3}{4}$ cup sugar, butter size of an egg, 1 cup of corn meal, 1 cup of flour, 1 cup of milk, 1 dessertspoonful baking powder.
BAKE in quick oven for twenty minutes.

MRS. E. F. CRAIG.

JOHNNY CAKE

1 cupful yellow corn meal	$\frac{1}{2}$ teaspoonful baking powder
1 cupful bread flour	1 teaspoonful salt
$\frac{1}{2}$ cupful sugar	$1\frac{1}{2}$ cups sour milk
$\frac{1}{2}$ teaspoonful baking soda	

MIX the dry ingredients thoroughly. Then add the sour milk slowly. Beat well and bake in a shallow pan in a moderate oven.

MRS. C. R. BOURNE.

CUSTARD CORN CAKE

2 cups sweet milk, 1 cup sour milk, 1 cup cornmeal, 2 cups flour, 1 egg, 1 teaspoon baking soda, 1 teaspoon salt.

MELT butter size of egg in frying pan; mix soda and sour milk, cornmeal, flour, salt, beaten egg and 1 cup sweet milk, beat together and pour into frying pan on top of the melted butter; then pour over the other cup of sweet milk but do not stir. Bake about thirty minutes. There will be a streak of soft custard through the cake. (This is a very old and very good recipe.)

MRS. DENNIS.

SPOON CORN PONE

1 cup cornmeal with a pinch of salt, stirred into 2 cups of warm milk, let thicken on stove until like mush then add yolks of 4 eggs. Beat the whites very light and add to mixture. Bake in a hot oven.

MRS. L. D. CHESNEY.

FILLINGS & FROSTINGS

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ALMOND ICING

A delicious addition to a loaf of white cake. Beat the whites of 2 eggs to a stiff froth, stir in a half a pound of powdered sugar and a quarter of a pound of almonds, blanched, and pounded to a paste. Flavor with a few drops of almond extract.

M. McDONALD.

ALMOND ICING

1 cup icing sugar	Boiling water
2 tablespoons butter	Bitter almond

1 cup blanched almonds chopped and browned in pan over low flame. RUB butter into sugar, add drop of bitter almond and enough boiling water to make right consistency to spread on plain sheet of white cake. Cover thickly with burnt nuts.

BOILED ICING

1 cup granulated sugar (set aside 1 tablespoonful), 3 tablespoonfuls cold water. Boil until it threads. Beat one egg white stiffly, and add $\frac{1}{4}$ teaspoon Cream of Tartar and the tablespoonful of sugar which has been kept. Beat, and add syrup slowly. Flavor with lemon.

MRS. W. W. LANE.

BROWN SUGAR ICING

1 cup of brown sugar	$\frac{1}{3}$ cup cream
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COOK till it forms soft ball in water. Beat until stiff enough to put on cake.

MRS. C. H. HANSON.

MAPLE SUGAR ICING

PUT a cupful of dry maple sugar and 4 tablespoonfuls of sweet thick cream on the stove, and when the sugar is melted, let it boil until it will harden in cold water. Cool it a little, then spread on the cake.

M. McDONALD.

CONFECTIONERS FROSTING

BEAT the white of 1 egg an instant, then stir in the sugar till about the consistency of Indian meal pudding, flavor with anything liked. A little strawberry may be added to make it pink, or grate a little chocolate in. When the cake is cold or nearly so, spread on the frosting with a broad thin-bladed knife. If there is not a sufficient quantity of sugar, the frosting will run.

M. McDONALD.

ALMOND FILLING FOR CAKE

THREE eggs, $\frac{1}{2}$ pound almonds, teaspoon vanilla, 1 cup sour cream, 1 cup sugar. Put cream in double boiler on stove. When hot, add the beaten egg yolks, then the beaten whites. Let thicken; remove from fire and add chopped and blanched almonds and vanilla. This is a nice filling for either sponge or white cakes.

MRS. FRED. TAYLOR.

CAKE FILLING

1 cup sugar	$\frac{1}{2}$ cup dates, chopped
$\frac{1}{2}$ cup walnuts, chopped	$\frac{1}{2}$ cup water

BOIL all together until thick.

MRS. F. G. WOODS.

CREAM FILLING

WHIP cream very stiff, flavor with Vanilla and add chopped blanched almonds.

MRS. G. R. BUCKHAM.

DATE FILLING

$\frac{1}{2}$ lb. dates, cut small	1 cup brown sugar
1 cup boiling water	Boil until thick

MRS. G. R. BUCKHAM.

FRUIT FILLING

4 tablespoons finely chopped citron
4 tablespoons finely chopped raisins
 $\frac{1}{2}$ cup blanched almonds, chopped fine
 $\frac{1}{2}$ cup finely chopped figs
Whites of 3 eggs, stiffly beaten
 $\frac{1}{2}$ cup sugar

ADD sugar to eggs. Mix in other ingredients and put between layers of cake while it is hot, so that eggs will cook a little.

MRS. G. R. BUCKHAM.

MARSHMALLOW FILLING

1 cup brown sugar	1 tablespoon vinegar
1 cup white sugar	$\frac{1}{2}$ pound marshmallows
1 cup water	2 egg whites

BOIL sugar, water and vinegar until it hairs. Add marshmallows cut in quarters with scizzors. When melted add to stiffly beaten whites and beat until light and fluffy. Put between layers of chocolate cake and on top. When cold, melt bitter chocolate over hot water and pour over marshmallow icing, spreading evenly.

MRS. W. J. MORRISON

CANDIES and CONFECTIONS

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KISSES

Whites of 4 eggs beaten very stiff. Then add slowly 1 cup of sugar, flavor with vanilla.

DROP by spoonful on well greased pan and bake in very slow oven.

MRS. A. S. BYRD.

COCOANUT KISSES

TAKE whites of two eggs, beat stiff then add 1 cup of white sugar, 2 tablespoons cornstarch. Boil in double boiler for about ten minutes. Take from fire, add $1\frac{1}{2}$ cups shredded cocoanut, $\frac{1}{2}$ teaspoon vanilla. Drop from spoon on buttered tin and brown in oven.

MRS. JOHN O'BRIEN.

ALMOND PASTE

GRIND one pound blanched almonds, then add equal quantity icing sugar, take yolk of egg (do not beat it). Mix all together well, making it as fine as possible, add a few drops rose water. Sprinkle icing sugar on baking board and knead mixture like dough. Use for icing fruit cake by rolling out size of cake which should be brushed lightly with white of egg. Or use for candy by forming into fancy shapes and colouring. If put on fruit cake cover with ornamental frosting.

DATE CANDY

BOIL two pounds of brown sugar and $\frac{1}{2}$ cup of milk until it forms a ball when dropped in cold water. Add butter size of a walnut and beat until quite thick, then add 1 cup of chopped dates. Pour on buttered plate to cool.

G. BEST.

DIVINITY

2 cups sugar
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ cup cold water
1 teaspoon vanilla

White of egg
1 cup nut meats or chopped fruit
or ginger

BOIL sugar, corn syrup and cold water until a soft ball forms in cold water. Pour over the beaten white of egg, beat until stiff and smooth, add nuts and vanilla. Pour into buttered pan and cut in squares.

K. MORRISON.

BROWN SUGAR CANDY

2 cups brown sugar
1 tablespoon butter
1 cup chopped walnuts

$\frac{1}{2}$ cup milk
1 teaspoon vanilla.

BOIL until it forms a soft ball when dropped in cold water. Remove from fire and beat until it thickens, then add vanilla and walnuts. Pour into buttered dish, mark in squares and set away to cool.

GLADYS MORRIOSN.

ENGLISH TOFFEE

$\frac{1}{4}$ lb. butter, $\frac{3}{4}$ cup white sugar, 2 teaspoons vinegar, $\frac{3}{4}$ tablespoon treacle or golden syrup.

MELT butter in pan. Add other ingredients; boil until it stiffens in cold water. Pour out into greased tin to about $\frac{3}{4}$ inch deep. When cold ready.

MRS. E. L. WAIN.

EVERTON

2 cups brown sugar
6 teaspoons butter

1 teaspoon lemon juice

MELT butter, add sugar, and boil to the hard ball stage. Add flavoring and pour into greased tin.

JANE BUCKHAM.

ICE CREAM CANDY

3 cups granulated sugar
 $\frac{1}{4}$ teaspoon cream of tartar

$\frac{1}{2}$ cup hot water
1 tablespoon vinegar

Do not stir after it comes to the boil. Let boil until a hard ball is formed when dropped in cold water. Pour on greased tin. As edges cool, fold towards centre. When sufficiently cool to handle, add $\frac{1}{2}$ teaspoon oil of peppermint, or wintergreen, pull until white and glossy, and cut with scissors.

JANE BUCKHAM.

MAPLE CREAM CANDY

2 cups of maple sugar
1 cup of cream

BOIL about fifteen minutes. Try in water, when it forms soft ball in water it is finished. Stir in opposite direction after taken from stove, until thick, put on buttered dish.

MRS. R. BROCK THOMSON

CHOCOLATE CARAMELS

2½ cups sugar	1¼ cups milk
¾ cups corn syrup	½ cup butter
⅛ teaspoon cream of tartar	2 oz. bitter chocolate
1 teaspoon vanilla	Pinch of salt
1 cup chopped nuts	

PLACE butter, sugar, corn syrup, salt, cream of tartar and ¾ cup milk in saucepan. Bring to boiling point and gradually add rest of milk. Do not let candy stop boiling while milk is being added. Boil till candy will form a firm ball when dropped in cold water. Remove from fire and add melted chocolate and vanilla. Beat until stiff, then add nuts and pour into buttered pan to cool.

FRANK SCOFIELD.

CHOCOLATE CARAMELS

2 cups molasses	¼ pound unsweetened chocolate
1 cup brown sugar	4 tablespoons butter
1 cup cream or milk	

PUT all ingredients into kettle. Boil until it hardens in cold water; add 1 teaspoon vanilla and turn into greased tins. When nearly cold, cut into small squares.

MRS. JAMES CLEGHORN.

CREAMED NUTS

2 cups confectioner's sugar	2 teaspoons cold water
White of 1 egg	Walnuts or other nuts
1 teaspoon vanilla extract	

Mix sugar, unbeaten egg white, vanilla and water into a stiff paste. Shape into little balls, press between halved walnut or other nut meats. STONED dates and large seeded raisins may be filled with this cream, or it may be mixed with chopped nuts, shaped into bars and cut into squares.

MRS. JAMES CLEGHORN.

CHOCOLATE CHIPS

FIRST make a candy of molasses for the filling:

1 cup molasses	Butter, size of walnut
2-3 cup sugar	Vanilla

BOIL until hard, pull thin and cut in small pieces. When cold dip in hot chocolate flavored with vanilla and sweetened a little if liked.

MARY ALICE DAY.

MAPLE CREAM CANDY

TAKE 2 lbs. of maple sugar and $\frac{1}{2}$ pt. of cream, 1 cup of chopped walnuts. Boil sugar and cream till it forms a soft ball when dropped in cold water. Add nuts and beat till thick. Pour in well buttered pan. When cool cut in bars or squares.

C. KING.

MAPLE CREAM

4 cups brown sugar

1 cup sour cream

BOIL until it forms a soft ball in cold water and then add 1 tablespoon butter, 1 teaspoon vanilla, and beat until nearly cold.

JANE BUCKHAM.

MARSHMALLOW

2 rounded tablespoons gelatine, 2 cups sugar, 16 tablespoons water. Soak gelatine in a little of the water, put the rest of the water and sugar on to boil, and let boil five minutes. Add gelatine and let boil another five minutes. Add any flavoring and coloring you like, and whisk with an egg-beater until very stiff. Let cool, cut into pieces and roll in powdered sugar.

MARGARET CURRIE.

CREAM PEPPERMINT DROPS

Made Sat Dec 29th 1973 - Very good.

$\frac{1}{3}$ cupful Borden's Evaporated milk	2 cupfuls granulated sugar
$3\frac{1}{2}$ tablespoonfuls water	$\frac{1}{8}$ teaspoonful cream of tartar
2 drops oil of peppermint	<i>Coloured red.</i>

COMBINE the first four ingredients in a saucepan and boil gently without stirring until a soft ball will form when a little is tried in cold water. Cool till tepid, then flavor, beat till creamy and quickly drop on oiled pans in small rounds from the tip of a teaspoon.

HILDA LITTLE.

FUDGE

3 cups white sugar
3 cups brown sugar
Pinch of salt

3 heaping tablespoons cocoa
3 cups of milk

BOIL until it hardens in water. Add piece of butter size of a small egg, beat until consistency just possible to pour.

HELENA M. CORNELL.

LAYER FUDGE

3 cups brown sugar
2-3 cup cream

Butter size of an egg

COOK sugar and cream till it forms a soft ball in cold water, adding butter last.

2 cups white sugar
 $\frac{1}{2}$ cup boiling water

$\frac{1}{2}$ cup corn syrup
Whites of 2 eggs

Boil sugar, water and syrup till brittle in cold water. Pour on beaten whites of eggs. Beat thoroughly. Pour half of partially beaten brown fudge in well buttered pan. Then pour on well beaten Divinity and add as quickly as possible the rest of brown fudge. Nuts may be used if desired.

GLADYS WAINWRIGHT.

PEANUT CRISP

2 cups white sugar

1 cup peanuts

PUT sugar in pan over hot fire and stir until melted and slightly coloured. Pour the liquid over the peanuts which should be placed in a buttered dish.

GLADYS MORRISON.

PECAN PRALINES

2 cups sugar
1 cup New Orleans molasses

2 cups pecan nuts
 $\frac{1}{2}$ cup cream

BOIL sugar, molasses and cream until a soft ball forms in cold water. Beat until creamy. Add nuts and drop from spoon on oiled paper to form little round cakes.

FAMOUS in New Orleans.

MRS. A. B. DADE.

QUICK FONDANT

3 tablespoonfuls Borden's Evaporated Milk
2 cupfuls (scant) confectioner's sugar
 $1\frac{1}{2}$ teaspoonfuls desired flavoring

WARM the evaporated milk, stir in the sugar and flavoring, beating very thoroughly, then use for any of the following:—

SHAPE rounds the size of marbles from fondant flavored with vanilla, working in a little shredded cocoanut. Roll the balls in granulated sugar.

DRAIN maraschino cherries and work the fondant around them to form balls. Roll in granulated sugar.

SHAPE small flat bonbons of the fondant, vanilla flavor, and press half of a walnut meat on each side, or half of a stoned date cut lengthwise.

SHAPE small balls of the fondant and roll in toasted chopped almond meats.

MAKE small centers of the balls, using any desired flavoring, let harden for a few hours, then dip in melted sweet, or bitter chocolate as desired, as in making ordinary chocolate creams.

USE the fondant, fruit flavor to stuff dates, prunes and figs.

EVA SPROULE.

SEA FOAM

THREE cups granulated sugar, $\frac{1}{2}$ cup corn syrup, $\frac{2}{3}$ cups water. Boil together until it will form balls when tested in cold water. Whites of two eggs beaten to a froth gradually pour over the boiling mixture, turn into a buttered dish before it hardens, cut in squares.

MRS. HARRY MACKENZIE.

FIG BRITTLE

MELT one pound white sugar, in granite saucepan, stir in one-half pound of table figs, chopped fine, and pour in pan one inch thick. Cut in strips and serve.

MRS. G. R. BUCKHAM.

HALLOWE'EN TAFFY

3 cups light brown sugar 2 tablespoons vinegar
 $\frac{1}{2}$ cup water

BOIL to hard ball stage. Place shelled almonds, in bottom of greased tin, and pour the syrup over it. Do not stir.

MRS. G. R. BUCKHAM.

POTATO BALLS

TAKE desired quantity of fondant. Flavor well with vanilla. Mix in chopped nuts. Mould into irregular shapes, roll in cinnamon, and make eyes with end of a spoon.

MRS. G. R. BUCKHAM.

SALTED ALMONDS

1 lb. almonds covered with boiling water for five minutes, drained and covered with cold water. Take nuts one by one, between thumb and forefinger and remove the outer brown skin. Put one tablespoon olive oil in flat tin, add nuts and place in moderate oven. Watch carefully, shaking every few minutes. When nicely browned turn on to brown paper, sprinkle liberally with salt and roll back and forth until nuts are dry and no more oil comes off.

MRS. W. J. MORRISON.

Puddings & Pudding Sauces

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PLUM PUDDING

SUFFICIENT for nine medium sized puddings.

7 lbs. currants, 7 lbs. stoned raisins, 7 lbs. suet, 3 lbs. Sultana raisins, 1 lb. Demerara sugar, 3 lbs. chopped apples, $4\frac{1}{2}$ lbs. flour, $4\frac{1}{2}$ lbs. bread crumbs, $3\frac{1}{2}$ lbs. candied peel, 4 grated nutmegs, 1 dessertspoon salt, 2 doz. eggs, grated rind of three oranges and 3 lemons, also juice. Mix well, knead with beer and boil 10 hours.

MRS. HERBERT MOLSON.

PLUM PUDDING

1 lb. bread crumbs
1 lb. flour
2 lbs. chopped suet
1 lb. brown sugar
16 eggs
4 lbs. raisins
4 lbs. currants
 $1\frac{1}{2}$ lbs. mixed peel

Rind and juice of 2 lemons
Four apples chopped fine
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ lb. chopped almonds
1 nutmeg, grated
2 heaping teaspoons mixed spice
Cinnamon to taste
Large wine glass of brandy

Mix one ingredient at a time with the hand. After mixing both wet and dry, add the fruit the last thing. Stir well with spoon and boil fully six hours. This quantity makes two large puddings.

CIS. KING.

PLUM PUDDING

1 lb. suet, chopped fine
1 lb. stoned raisins
1 lb. currants
 $\frac{1}{2}$ lb. Sultanas
 $\frac{1}{2}$ lb. seedless raisins
6 ounces mixed peel

3 cups flour
3 cups grated bread crumbs (fine)
3 cups dark brown sugar
1 teaspoon mixed spice
3 teaspoons baking powder
1 dessertspoon salt

4 eggs beaten well with one pint sweet milk, juice and rind of two lemons chopped fine, mix in ordinary way, beating all well together. Steam or boil four or five hours. Above quantities make five or six small puddings.

MRS. GEO. V. KNEEN.

ENGLISH PLUM PUDDING

CHOP $\frac{1}{2}$ lb. suet, mix with $\frac{1}{4}$ lb. bread crumbs, $\frac{1}{4}$ lb. flour, $\frac{1}{2}$ teaspoon each salt, allspice, ginger and cinnamon, sifted with flour; also $\frac{1}{2}$ grated nutmeg, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. seeded raisins, $\frac{1}{4}$ lb. candied peel, chopped, $\frac{1}{4}$ lb. figs, chopped. Add fruit with $\frac{1}{2}$ lb. chopped apple, $1\frac{1}{2}$ oz. chopped almonds and $\frac{1}{2}$ lb. sugar to suet and flour. Grate rind of 1 lemon. Squeeze and strain juice. Mix well with wineglass of brandy and 4 or 5 eggs. Boil 6 hours.

MRS. REX CROASDELL.

CHRISTMAS PUDDING

1½ lbs. suet, chopped fine	2 lemons, grated rind and juice
1½ lbs. large blue raisins	1 orange, grated rind
1½ lbs. currants	1 teaspoon nutmeg grated
½ lb. mixed peel, chopped fine	1 teaspoon cinnamon
¾ lb. bread, crumbled fine	1 teaspoon salt
¾ lb. brown sugar	12 eggs
¾ lb. flour	½ pt. milk
2 apples, chopped fine	1 wine glass brandy

Mix dry ingredients, beat eggs well and then add milk, lemon juice and brandy.

STEAM six or seven hours.

MRS. C. H. HANSON.

CHRISTMAS PUDDING

1 lb. raisins	½ lb. mixed peel
1 lb. currants	¼ lb. almonds
1 lb. Sultanas	2 teaspoons mixed spice
1 lb. sugar	8 eggs
1 lb. beef suet	A little grated lemon peel and salt
½ lb. bread crumbs	
½ lb. flour	

Mix together and let stand all day stirring frequently.

NEXT morning put in well buttered cloths or molds and boil eight hours.

ENOUGH for two large or three small puddings. When needed boil four hours.

MRS. W. NORTHEY.

CARROT PUDDING

1 cupful grated carrots	1 cupful brown sugar
1 cupful grated potatoes	1 cupful seeded raisins
1 cupful sifted flour	1 cupful currants

1 cupful suet (or butter or ½ and ½); 1 teaspoon each nutmeg, cinnamon and cloves; 1 teaspoon baking powder, mixed in ½ cup of the potatoes and the last thing 1 cup of molasses. Steam for about three hours.

MISS SILVERMAN.

SUET PUDDING

½ cup brown sugar; ½ cup molasses; one egg; 1 cup chopped suet; 1 cup sour milk; 3½ cups flour; 1 teaspoon soda; ½ teaspoon salt; 2 cups raisins; ½ cup peel; 1 teaspoon cinnamon; put in pudding boiler with tight cover and steam three hours, it warms up nicely next day.

RUM-SAUCE FOR SUET PUDDING

6 tablespoons sugar; two tablespoons butter; 2 tablespoons of flour; mix sugar and butter together then add the flour a little at a time; then add 1 pint of boiling water and stir briskly, lastly add the beaten white of an egg and two tablespoons of rum.

CIS. KING.

SPOTTED DICK PUDDING

1 cup of flour	1 teaspoon baking powder
1 cup of chopped suet	$\frac{1}{2}$ teaspoon salt
1 teaspoon of cinnamon	$\frac{1}{2}$ cup of currants
1 cup of molasses	2 eggs

Mix together, put in bowl and steam for 3 or 4 hours. Can also be boiled.

SERVE with vanilla or hard sauce.

M. F. PIERCE.

AUNTIE'S STEAM PUDDING

1 cup milk	2 cups flour
$\frac{1}{2}$ cup butter	2 teaspoons mixed spice
1 cup chopped raisins	2 teaspoons baking powder
$\frac{1}{2}$ cup molasses	

STEAM $3\frac{1}{2}$ hours.

SAUCE

3 eggs, $1\frac{1}{2}$ cups granulated sugar.
WELL beaten until smooth.

MRS. FRED. N. LEARMONTH.

DATE PUDDING

2 tablespoons butter	1 cup white flour
2 tablespoons brown sugar	1 large cup Graham flour
1 large cup dates (stoned and cut)	1 good sized salt spoon each of
1 cup milk	cinnamon, nutmeg and cloves
$\frac{1}{2}$ teaspoon soda	

CREAM butter and sugar, add Graham flour (sifted) then white flour and spices, dates and lastly milk in which soda has been dissolved. STEAM two hours.

MRS. J. G. VENABLES.

STEAMED DATE PUDDING

THREE ounces suet, one-half pound chopped dates, one-half cup milk, two eggs, two and one-half cups bread crumbs, one cup sugar, little salt. Chop suet very fine, add dates, bread crumbs and milk, add sugar, eggs and salt well beaten. Turn into buttered mould and steam about three hours. Serve with custard sauce.

C.N.R. DINING CAR SERVICE.

DATE PUDDING

2 eggs	1 cup chopped dates
1 cup fresh bread crumbs	$\frac{1}{2}$ cup sugar
2 cups milk	$\frac{1}{4}$ teaspoon of salt

BAKE 30 minutes.

W. S. WEIR,
President Camera Club, M.A.A.A.

FIG PUDDING

$\frac{1}{2}$ lb. figs
 $\frac{1}{4}$ lb. grated bread
 $2\frac{1}{2}$ tablespoons sugar
STEAM two hours.

2 ozs. butter
1 egg
1 teacup milk.

W. S. WEIR,
President Camera Club, M.A.A.A.

FAIRHURST PUDDING

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup molasses
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups flour

1 egg
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon salt
1 cup raisins

MELT the butter, add molasses, milk and well beaten egg, add dry ingredients mixed and raisins. Steam in a buttered mould $2\frac{1}{2}$ hours. Serve with sauce.

MRS. A. W. BLACKBURN.

ECONOMICAL GINGER PUDDING

2 cups flour
1 small cup of suet
 $\frac{1}{2}$ cup molasses
1 cup currants
STEAM $1\frac{1}{2}$ to 2 hours.

1 tablespoon of ginger
1 teaspoon of soda
 $\frac{3}{4}$ cup of sour milk or water to
mix to right consistency

MRS. JOHN DAVIDSON.

BLACK CURRANT ROLY-POLY

2 cups flour
 $\frac{1}{2}$ level teaspoon salt
 $\frac{2}{3}$ cup milk

4 level teaspoons Magic Baking Powder
2 tablespoons butter

SIFT flour, salt and baking powder, then add butter cut and rubbed in. Mix with milk. Roll out on floured board, spread with jam, roll up carefully, wetting edges and steam in steamer two hours.

SERVE hot, with any good pudding sauce or with cream.

MRS. JOHN BROWN.

BAKEWELL PUDDING

PUFF Paste—4 eggs, 6 ozs. sugar, $\frac{1}{4}$ lb. butter, jam, 1 oz. grated or ground almonds, a little essence of almonds.

LINE a deep dish with paste and put over this a layer of jam. (Thick strawberry or raspberry.) Beat all the yolks and the white of one egg together in a basin, add sugar, the melted butter and ground almonds. Beat all together until quite mixed and pour into the dish over the jam and bake for an hour in a moderate oven. Top should be well browned.

MRS. A. W. BLACKBURN.

SAUCER OR WAFER PUDDING

2 eggs. Weight of one in butter and one in flour. $\frac{1}{2}$ pint milk or less if too moist. Beat butter and flour, and 1 dessertspoonful sugar together, add eggs beaten and milk slowly, until the mixture is quite smooth. Bake in buttered saucers about twenty minutes or half an hour. Turn out in couples with jam between, and sprinkle a little sugar on top.

LOUIS RUBENSTEIN,
Past Pres. M.A.A.A.

MARMALADE PUDDING

$\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ teaspoon soda, 1 egg, 2 tablespoons marmalade. Cream butter and sugar, add yolks of eggs, add water gradually; mix soda and marmalade and 1 cup flour; beat whites and fold in. Steam $\frac{3}{4}$ hour. Very good.

MISS M. HORNE.

STEAMED CHOCOLATE PUDDING

1 tablespoonful butter	$\frac{1}{2}$ cup grated chocolate (melted)
$\frac{1}{2}$ cup sugar	1 teaspoonful baking powder
1 cup flour	1 teaspoonful vanilla extract
$\frac{1}{2}$ cup milk	Pinch of salt
1 egg	

STEAM one hour or more and serve with hard sauce or whipped cream.

MISS A. E. WHITE.

COTTAGE PUDDING

ONE-QUARTER pound butter, one-quarter pound sugar, one pound flour, three eggs, four teaspoonfuls baking powder, two pints milk, a pinch of salt. Mix baking powder, flour and salt, put butter and sugar in mixing bowl and beat until light and creamy. Add eggs one at a time and beat until all become creamy, then add one-half cup milk and flour; fold together until remainder of milk and flour is used. Bake twenty-five minutes in moderate oven in custard cups.

C.N.R. DINING CAR SERVICE.

COTTAGE PUDDING

1 tablespoon butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 eggs, 1 large teaspoon baking powder, $1\frac{1}{2}$ cup flour.

ADD beaten whites of eggs last. Bake $\frac{3}{4}$ hour. Serve with lemon sauce.

MRS. R. E. JAMIESON.

COTTAGE PUDDING

1 cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	1 egg
$\frac{1}{8}$ teaspoon salt	2 tablespoons melted shortening
2 teaspoons baking powder	

SIFT together flour, sugar, salt and baking powder; add milk, beaten egg and shortening; beat well and bake in greased shallow pan in hot oven about twenty minutes. Serve with lemon, chocolate or other sauce.

MRS. JAMES CLEGHORN.

APPLE PUDDING

6 cooking apples (Greenings) 2 ozs. butter
1 cup flour $\frac{3}{4}$ cup of brown sugar

PARÉ apples and slice into an enamel baking dish. Sprinkle brown sugar over apples. Pour one scant cup of water over all. Sift flour into a bowl and work in the butter with fingers. Then sprinkle this mixture of flour and butter over the apples. Bake in a moderate oven for thirty minutes. Serve with cream. This quantity serves 6 people.

W. H. R. DENMAN.

APPLES WITH SHERRY

CORE six good sized apples and place them on a baking dish. Fill the cavities with brown sugar and butter mashed together and flavored with Vanilla, two of sugar to one of butter. Pour over a glass of Sherry or Madeira and bake in the oven, basting them occasionally with the wine. Serve hot with cream or cold with whipped cream.

WITCH APPLES FOR HALLOWE'EN

BAKE large apples, cored, until soft, but not broken. When cooked insert in cavity one marshmallow, 2 cubes of sugar and on top a Marsachino cherry. When ready to serve pour in each one tablespoon brandy and light as it is served on the table.

SERVE with whipped cream.

MRS. J. L. SLATTERY.

BAKED ASLASKA MILADY

TAKE 6 whites, 4 yolks, 4 ozs. powdered sugar, Vanilla flavor. Beat whites to a meringue, adding half the sugar. Stir yolks and flavor with rest of sugar. Keep a little of the meringue for decoration. Mix yolks and sugar with other part lightly but fully. Rub a little butter on baked Alaska dish and pile the mixture high and long in omelet shape. Make a dent along the top to facilitate baking. Decorate sides and top with balance of meringue; dust with sugar. Set on another platter, or wood, and bake in good heat (range or bake oven) for from 12 to 14 minutes. Serve at once.

CANADIAN PACIFIC RAILWAY.

BAKED ORANGE PUDDING

TAKE two pounds of stale cake and the juice of a few oranges, and grate two rinds, add one cup of sugar, two tablespoonfuls of melted butter, six eggs, one pint of milk. Boil the milk, then pour it over stale cake, whip together, add the juice of oranges and the grated rinds, put into moulds and bake. Serve with orange sauce.

J. J. GILL, Chef, C.N.R.

LEMON SOUFFLE PUDDING

CREAM 1 cup sugar with 1 tablespoon butter. Add 2 tablespoons flour, juice and grated rind of one lemon, 1 cup of milk and the beaten yolks of two eggs. Fold in the stiffly beaten whites of two eggs. Place in baking dish and set dish in one filled with hot water. Bake slowly until custard is set.

J. A. LOGGIE,

Hon. Pres. M.A.A.A. Tennis Club.

LEMON SOUFFLE

1 cup gran. sugar
1 tablespoon butter
2 tablespoons flour
Juice of $\frac{1}{2}$ lemon

1 cup milk
2 eggs
1 lemon, grated rind

METHOD—CREAM sugar and butter in a bowl, add flour, grated rind, lemon juice strained, yolks of eggs well beaten, then milk. Lastly fold in the stiffly beaten whites, pour into a pudding dish, set dish in a pan partly filled with hot water and bake in oven slowly until a rich brown.

SERVES four or five people.

M. KATHERINE TASKER.

LEMON PUDDING

1 lemon sliced fine, 2 cups of water, 1 tablespoon butter, 1 cup sugar. Boil until lemon is tender.

BATTER—1 tablespoon butter, $\frac{1}{2}$ cup sugar, 1 egg, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, 1 scant cup flour. Pour in buttered dish and pour the hot lemon syrup over it and bake in a hot oven about twenty minutes.

MRS. J. W. NORCROSS.

ORANGE PUDDING

THREE oranges cut into small pieces and mix with sugar to sweeten. Warm two cups of milk, add half a cup of sugar, yolks of two eggs well beaten and thicken with cornstarch. Pour this over oranges and use the whites of the eggs for meringue. Brown in oven.

D. J. H. MURDOCH.

LEMON BREAD PUDDING

FILL pudding dish with stale bread cut in squares, add juice and rind of two lemons, sufficient water to soak bread, 1 cup sugar. Let stand a few minutes. Beat yolk of 1 egg and add to mixture. Bake in slow oven.

BEAT white of 1 egg, add a little sugar and vanilla and spread over top. Return to oven to brown, serve hot or cold with custard sauce.

CUSTARD SAUCE

$\frac{1}{2}$ pint milk, 1 egg yolk, dessertspoon cornstarch, 1 dessertspoon sugar, vanilla.

MRS. IRVING P. REXFORD.

BREAD PUDDING

1 quart milk
1 pint bread crumbs
4 eggs

1 cup sugar
1 tablespoonful butter

CREAM the butter, yolks and sugar together, add milk and bread crumbs, flavor with vanilla, put into a baking pan and cook until done. Beat the whites to stiff froth and add $\frac{1}{2}$ cup sugar put on top of pudding and brown in the oven.

MRS. L. D. CHESNEY.

BUTTERSCOTCH RICE PUDDING

WASH 1-3 cup rice, cook in double boiler with 2 cups scalded milk and $\frac{1}{4}$ teaspoon salt until nearly tender. Meanwhile cook together in shallow pan 1 cup brown sugar and 2 tablespoons butter until brown but not burnt. Add this to rice and milk and finish cooking till rice is tender and caramel melted. Soak 1 envelope gelatine in $\frac{1}{2}$ cup cold water ten minutes, dissolve in cup hot milk or water. Strain this into rice mixture, turn into wet mould. Serve with plain or whipped cream.

MRS. W. E. NELSON.

FOOD FOR THE GODS

1 cup walnuts
 $\frac{1}{2}$ cup dates
3 eggs beaten very light
3 tablespoons cracker meal (soda biscuits rolled fine)
BEAT eggs, add sugar, meal and baking powder; lastly fruit and nuts.
BAKE in moderate oven and serve hot or cold with whipped cream.

1 cup white sugar
1 teaspoon baking powder

MRS. JAMES MILTON.

RICE PUDDING

WASH 2 tablespoons rice, add 1 cup water, boil till soft, ($\frac{1}{2}$ hour). Add cup milk, boil again, add pinch salt, small piece butter, sugar to taste. Pour mixture into pudding dish, fill up with milk. Add 2 eggs very well beaten and a little nutmeg. Bake in a very slow oven.

MRS. IRVING P. REXFORD.

TAPIOCA PUDDING

$\frac{1}{2}$ cup tapioca
PUT near fire to swell; stirring it often.
 $\frac{1}{2}$ pint milk
2 eggs
BAKE $\frac{1}{2}$ hour.

$\frac{1}{2}$ pint milk

sugar to taste

MRS. FRED. N. LEARMONTH.

SAGO AND APPLE PUDDING

ONE-HALF cup sago, two and one-half cups scalded milk, pinch of salt, one-half cup sugar, seven sour apples. Add sago gradually to milk, cook in double boiler for thirty minutes. Core, pare, and quarter apples, blanch until nearly cooked. Place in buttered pan, cover with sugar, then pour over sago. Sprinkle little grated nutmeg. Set in pan of hot water and bake in a slow oven.

C.N.R. DINING CAR SERVICE.

CHOCOLATE SOUFFLE FOR 8 OR 10 PEOPLE

BOIL $\frac{1}{2}$ pint milk together with $\frac{1}{2}$ lb. butter and $\frac{1}{4}$ lb. sugar. Mix $\frac{1}{4}$ lb. flour and 2 ounces Fry's cocoa. Stir the mixture in the boiling milk. Take off fire and stir in 2 whole eggs first, and then 8 yolks one after the other. Beat up the whites and mix them slowly on the dough. Take one large or 8 or 10 small buttered Souffle dishes and fill them $\frac{3}{4}$ full. Ten minutes before serving, put them in a medium hot oven, and serve them as soon as out of the oven, served with some fruit, cream or rum sauce.

CHEF JEAN DURANTON,
St. James Club.

CHOCOLATE PUDDING

ONE-QUARTER pound butter, one-half pound sugar, one pound flour, four teaspoonfuls baking powder, three eggs, one cake unsweetened chocolate, one teaspoonful cinnamon, two pints milk and a pinch of salt. Mix flour, baking powder, salt, cinnamon and grated chocolate. Place sugar and butter in mixing bowl and beat until light and creamy, add eggs one at a time, also half the milk and flour, and fold in gently until milk and flour is used. Bake twenty-five minutes in moderate oven in custard cups or buttered mould. Serve with whipped cream or Vanilla sauce.

C.N.R. DINING CAR SERVICE.

CARAMEL PUDDING

Put 2 oz. white sugar in a pan with $\frac{1}{2}$ gill of water, boil quickly until it is a good coffee color. Stir and pour into buttered moulds. Beat 2 eggs with a tablespoon of sugar. Add $\frac{1}{2}$ pint milk, scalded and cooled, stirring all the time. Pour into the moulds lined with caramel and steam very slowly for $\frac{1}{2}$ an hour, then turn out.

LOUIS RUBENSTEIN,
Past President, M.A.A.A.

PLUM PUDDING SAUCE

$\frac{1}{2}$ cup butter	2 tablespoons brandy
1 cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 eggs	$\frac{1}{4}$ cup boiling water

CREAM butter. Add the sugar, beat for fifteen minutes, add the eggs. Beat to a froth, just before sending to the table stir in the hot water. Beat to a foam. Add vanilla and brandy.

MRS. W. J. MORRISON.

BRANDY SAUCE

$\frac{1}{2}$ pint water	1 teaspoon extract bitter almonds
1 cup sugar	1 teaspoon extract vanilla
$\frac{1}{2}$ teaspoon cornstarch	$\frac{1}{2}$ cup brandy

E. HOWARD.

HARD SAUCE

ONE half cup butter well beaten. Stir in slowly one cup fine sugar, and beat to a cream. Add wine or brandy. Pile on dish and grate over it a little nutmeg.

CREAM SAUCE (HARD)

$\frac{1}{3}$ cup of butter	$\frac{1}{3}$ teaspoonful lemon extract
1 cup pulverized sugar	3 tablespoonfuls milk
$\frac{2}{3}$ teaspoonful vanilla extract	

CREAM butter, add sugar gradually, then flavouring and add milk drop by drop beating all the time.

A. E. WHITE.

No. 1 SAUCE
THE BEST SAUCE EVER MADE

1 cup fruit sugar; $\frac{1}{2}$ cup butter, dissolved in a double boiler.
WHEN smooth add the yolks of 2 eggs beaten well into the butter and sugar. No water or milk. It will thicken like honey. Just before removing from the fire, add a wine glass of sherry. Stir well and remove from fire at once. Serve hot. This will make any pudding good and will look like strained honey.

MRS. NEWBOLD JONES.

CUSTARD SAUCE

One pint milk, scalded 2 tablespoons sugar
Yolks of four eggs $\frac{1}{2}$ saltspoon salt
COOK over hot water until it will mask the spoon. Strain cool and flavor.

To make a caramel custard sauce brown the sugar first.

MRS. MORLEY A. DAY.

STRAWBERRY SAUCE

ONE large tablespoon butter beaten to a cream. Add gradually one and one half cups powdered sugar and the beaten white of one egg. Beat until very light and just before serving add one pint mashed ripe strawberries.



CRÈME BRÛLÉE



BOIL one pint of cream for one minute, pour it on to 5 yolks and one whole egg, well beaten in a basin. Stir briskly, then turn back into the pan and keep moving on the stove until it just comes up to boiling point (but care must be taken not to allow it to boil) but just to thicken to the consistency of Sauce Hollandaise.

REMOVE from the stove and add two deserts- spoonfuls of sugar and a little vanilla essence. Pour into a souffle dish embedded in rough ice. When cool cover it with a layer of castor sugar and salamander or place under grill, until the sugar is Caramel.

HER EXCELLENCY,
THE LADY BYNG OF
VIMY.

Government House,
Ottawa.

COLD DESSERTS

□ □ □

ANGEL'S CHARLOTTE RUSSE

1 tablespoon Cox gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{4}$ cup boiling water
1 doz. marshmallows cut in small pieces
2 tablespoons chopped candied cherries
Vanilla or Sherry
 $\frac{1}{4}$ lb. blanched and chopped almonds

1 cup sugar
1 pint heavy cream
 $\frac{1}{2}$ doz. stale macaroons

SOAK gelatine in cold water, dissolve in boiling water and add sugar when mixture is cold; add cream, beaten stiff, almonds, macaroons and marshmallows and candied cherries then put in mould to stiffen.

MRS. E. S. HAMILTON.

GEN. DODDS' RUSSIA CREAM

1 box gelatine, soaked in 1 cup milk, 4 eggs, 1 cup sugar, 1 quart milk, 1 teaspoon vanilla.

PUT gelatine, sugar, milk and yolk of eggs over the fire and bring to boiling point, then let stand in a cool place stirring occasionally, when stiff stir in the well beaten whites of eggs.

MRS. FRED. N. LEARMONTH.

GINGER CREAM (Very Delicious)

SOAK $\frac{1}{2}$ box of gelatine in $\frac{1}{2}$ cup cold water, and add to a custard made of 1 cup milk, yolks 2 eggs, $\frac{1}{4}$ cup sugar and 2 or 3 grains salt. Stir this well and cook two minutes in a double boiler. Strain into a bowl and chill, then add 2 tablespoons ginger syrup, $\frac{1}{2}$ cup Canton ginger cut into small pieces, add $\frac{1}{2}$ pint whipped cream, blend well and turn into mould. Place in cold pantry or on ice to set.

SERVES six or seven persons.

M. KATHERINE TASKER.

SOUFFLE D'ORANGE FROID

2 oz. butter
 $2\frac{1}{2}$ oz. castor sugar
4 eggs

1 level teaspoon flour
 $\frac{1}{2}$ pint cream, whipped firm
2 sheets of gelatine (French)

Rind and juice of one orange

Mix butter, sugar, flour, yolks of eggs and the rind and juice of the orange in a pan over the fire until it is like cream (do not boil). Melt gelatine and add to mixture. When cold add whipped cream and stiffly beaten white of eggs. Fill souffle dish $1\frac{1}{2}$ inches above the top. Leave on ice until served.

LADY HOLT.

CREME AUX FRUITS

1 tablespoon gelatine	$\frac{1}{3}$ cup chopped figs
$\frac{1}{4}$ cup scalded milk	$\frac{1}{4}$ cup cold water
Whites of 2 eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{3}$ cup milk	$\frac{1}{2}$ pt. thick cream
$\frac{1}{3}$ cup cooked prunes cut in pieces.	

SOAK gelatine in cold water and dissolve in scalded milk, add sugar. Strain into bowl, set in ice water. Stir constantly and when it begins to thicken add whites of eggs, well beaten, and the cream and milk whipped, also prunes and figs and mould.

MRS. H. B. YATES.

MABEL'S PUDDING

ONE package gelatine soaked in one-half pint of cold milk, put another half pint milk in double boiler and heat. Add one cup of sugar, beaten with yolks of two eggs and stir until it thickens. When cold add the whites of two eggs beaten stiff and beat all together. Flavor with vanilla, turn into mould and set to cool. Turn out and sprinkle top with chopped maraschino cherries and angelica. Serve with cream.

J. MELROSE MACDONALD.

BRANDY CREAM

$\frac{1}{4}$ cup boiling water; $\frac{1}{2}$ cup brandy; 2 cups whipping cream; 3 tablespoons of sugar; 1 teaspoon of vanilla; few macaroon crumbs. WHIP up the cream. Add sugar, vanilla and 1 tablespoon gelatine dissolved in the boiling water and brandy. Pour in a glass and set in a cool place till firm. Sprinkle over with macaroon crumbs just before serving.

CIS. KING.

CARAMEL PUDDING

2 pounds brown sugar caramelled until it is quite soft.

BEAT together two eggs, a half cup of sugar and three-quarters cup of milk.

POUR this liquid into the caramel slowly, stirring all the while, add a piece of butter the size of an egg before taking off the stove.

LINE the dish with lady fingers which have been soaked in sherry wine, pour in your caramel, and cover with whipped cream.

MRS. O. GALLAGHER.

TRIFLE

LINE the bottom of a dish with pieces of cake, then pour over sufficient sherry to soak the cake in. Then stick blanched almonds into the cake. Then spread over a layer of preserves and lastly add some cream whipped and flavoured with sugar and vanilla.

MRS. W. O. H. DODDS.

MALTESE CREAM

Steep $\frac{1}{4}$ lb. of macaroons in bottom of a glass dish in brandy. Cover them with some choice preserves such as pineapple or apricot. Pound 2 ozs. of blanched almonds, mix them with the yolk of three hard-boiled eggs; butter size of a walnut, white sugar and grated lemon peel. Rub these through a colander on to the preserves; surround the whole with whip of thick cream, white wine, lemon peel and juice and loaf sugar.

CIS. KING.

MARSHMALLOW PUDDING

MARSHMALLOWS cut in halves. Pour over them $\frac{1}{2}$ pint cream. Stand six hours, stirring often to prevent marshmallows settling. Add one can shredded pineapple, $\frac{1}{4}$ lb. chopped walnuts, $\frac{1}{2}$ pint cream, whipped, with one teaspoon pulverized sugar. Mix all together and keep cool, but do not freeze.

MRS. A. J. CLUTSAM.

MARSHMALLOW CREAM

$\frac{1}{2}$ pound of marshmallows	$\frac{3}{4}$ cup sherry
$\frac{1}{2}$ cup chopped walnuts	1 pint whipped cream

SOAK marshmallows in sherry, then add chopped nuts. Whip the cream, mix all together and turn into dish. Chopped cherries and preserved ginger may be used, omitting nuts.

CIS. KING.

PINEAPPLE CREAM

$\frac{1}{2}$ box Cox's gelatine	1 can shredded pineapple
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup sugar, 3 cups cream

SOAK gelatine in water. Heat pineapple, add sugar and soaked gelatine. Chill in pan of ice water, stirring constantly. When it begins to thicken, whip in cream and chill. The cream is whipped while pineapple cools.

MRS. A. J. CLUTSAM.

PINEAPPLE CREAM

TAKE one pint can of sliced pineapple, arrange in serving dish, sprinkling each layer with powdered sugar and chopped blanched almonds and cocoanut. Pour over Sauterne to cover. Let stand in cool place several hours. Cover with whipped cream, garnish with candied cherries, pineapple and almonds.

J. BRYCE EAKIN,
Director M.A.A.A.

PINEAPPLE DELIGHT

SOAK 1 lb. fresh marshmallows in 1 tin sliced pineapple over night. Cut both pineapple and marshmallows into small pieces. When soft add 1 pint whipped cream, put chopped walnuts and cherries on top.

MRS. DUNCAN ANDERSON.

BANANA DESSERT

Yolks of three eggs, beaten 1 pint milk
3 tablespoons sugar Pinch of salt
1 heaping tablespoon gelatine

POUR all in double boiler and stir until thin custard. When half cool pour over whites of eggs beaten stiff. Flavor with vanilla. While jellifying stir occasionally to keep down whites of eggs. Add three sliced bananas when almost jellied.

MRS. C. E. SANDERS.

BANANA DESSERT

CUT bananas in halves lengthwise. Spread each half with orange marmalade. Place thin slices of sponge cake between and press together. Arrange in cut glass dish and cover with whipped cream, slightly sweetened, and flavoured with almond extract. A few chopped almonds may be used, if desired. Candied cherries also add to appearance.

JOHN DAVIDSON,
Past President, M.A.A.A.

PEACH MELBA

PEEL the peaches and poach them in syrup flavoured with vanilla. When cold set them in a timbale on a layer of vanilla ice cream. Coat them with red sweetened raspberry puree, flavoured with Kirsch. The puree is prepared by taking the proper quantity of melted raspberry jelly, and slightly thicken it with arrowroot before flavouring it with the Kirsch.

A. E. J. MILTON,
Steward, University Club.

STRAWBERRY WHIP

WHIP $\frac{1}{2}$ pint of cream well. Add 1 box of strawberries mashed to a pulp and sweeten to taste. Line a dish with meringue shells and place whip on top. Garnish with whole strawberries and place on ice till ready to serve.

MRS. W. R. G. HOLT.

FRUIT DESERT

ARRANGE alternate layers of sliced fruit, using pineapple, bananas, oranges and white grapes. Mix one-half cup sugar, one-third cup Sherry and two tablespoonfuls Madeira. Pour the wine dressing over the fruit and put on ice for one hour before serving.

BETTY SCARLETT.

TAPIOCA FRUIT DESSERT

MAKE a plain blanc mange or jelly by boiling soaked tapioca until clear in either milk or water, put a layer of mixed preserved and candied fruits in a glass dish, and when the tapioca has cooled sufficiently pour a part of it over, then add more fruit and the remainder of the tapioca. Serve cold.

M. McDONALD.

TUNIS FRUIT CREAM

$\frac{3}{4}$ cup chopped dates

$\frac{3}{4}$ cup sherry wine

$\frac{3}{4}$ cup chopped figs

$\frac{1}{2}$ pint whipping cream

METHOD—STEW fruit in enough water to cover. When cool put required quantity into individual glasses, and cover with a tablespoon of sherry. Top with whipped sweetened cream. Serves five or six people.

M. KATHERINE TASKER.

CHESTNUT CREAM

TAKE 1 lb. chestnuts, break the outer peel off—boil them in water till tender. Take the thin peel off, then put them back on the fire with a cup of sugar a little vanilla and some water. Let this mixture boil until a very thick syrup, then put the whole through a potato dicer and heap up in a silver or glass dish and serve with whipped cream around.

MISS HARRIET KANE.

WINE JELLY

2 tablespoons Cox's gelatine

1 cup Sherry or Maderia wine

$\frac{1}{2}$ cup cold water

1-3 cup orange juice

$1\frac{3}{4}$ cup boiling water

Juice of 1 lemon

1 cup sugar

SOAK gelatine twenty minutes in cold water, dissolve in boiling water; add sugar, wine, orange juice and lemon juice; strain, mould and chill. If stronger jelly is desired, use additional wine in place of orange juice.

MRS. HARRY FRAZIER

MAPLE JELLY

1 tablespoonful gelatine soaked in cold water

2 cups boiling water

1 cup maple syrup

1 cup nut meats chopped up

Juice of $\frac{1}{2}$ lemon or orange. Just before jelly sets add nut meats.

MRS. WARREN LEARY.

CREAM JELLY

TAKE a pint package of raspberry jelly and mix with water according to directions. Set aside to cool, and when stiff beat with a fork until the jelly is in small pieces. Whip up one-half pint of cream until stiff and add gradually to jelly mixture. Allow this to stand half an hour before serving. This is delicious when canned pears or peaches cut in small pieces are added.

G. GRAHAM MCGOUN,

Director M.A.A.A.

HEAVENLY HASH

SELECT twelve medium-sized oranges of good shape and color. Cut a small circular piece from the stem end of each and remove the pulp in small pieces with a spoon. To the pulp, add one small can of pineapple (sliced), two ripe bananas quartered and sliced and $\frac{1}{4}$ lb. of seeded Malaga grapes. Sweeten to taste. Fill the orange shells and garnish with candied cherries.

J. P. YEUDALL,

Pres. Lawn Bowling Club, M.A.A.A.

JELLIED PEACHES

2 cups boiling water
 $\frac{1}{2}$ cup sugar
2 tablespoons gelatine
1 $\frac{1}{3}$ cup preserved peaches cut in cubes

2 tablespoons cold water
1 cup syrup from peaches
3 tablespoons lemon juice

POUR hot water over sugar, stir till dissolved, add gelatine which has been soaked in cold water. Add lemon juice, peach syrup and strain. When mixture begins to thicken add peaches. Turn into mold, chill thoroughly. Pineapple, apricots or other canned fruit may be used in same way. Serve with whipped cream, marshmallow sauce or boiled custard sauce.

MRS. W. E. NELSON.

JELLIED PRUNES

$\frac{1}{3}$ cup prunes
2 cups cold water
Boiling water
 $\frac{1}{4}$ cup lemon juice

$\frac{1}{2}$ cup cold water
2 $\frac{1}{2}$ tablespoons gran. gelatine
1 cup sugar

PICK over wash and soak prunes for several hours in 2 cups cold water, cook in same water until soft. Remove prunes, stone and cut in small pieces. To prune water add enough boiling water to make two cups. Soak gelatine in $\frac{1}{2}$ cup cold water, dissolve in hot liquid, add sugar, lemon juice and strain, add prunes, mould and chill. Stir twice while cooling to prevent prunes from settling. Serve with cream.

MRS. W. E. NELSON.

LEMON MIST

1 lemon
1 egg
1 cup white sugar

3 $\frac{1}{2}$ tablespoons corn starch
3 $\frac{1}{2}$ cups cold water
1 cup boiling water

GRATE lemon rind, mix cornstarch with cold water, lemon juice, sugar and beaten yolk, add boiling water and cook in double boiler. When cool add white of egg beaten stiff. Serve in sherbet glasses. Shredded cocoanut makes a nice addition.

MRS. W. E. NELSON.

CREME BRÛLÉE

1 teacup sugar, burnt brown in an iron pan, 2 teacups milk, heated and poured over hot sugar, stir, 2 heaping tablespoons flour, made smooth with water. Stir into milk and sugar mixture, cook for five or ten minutes. Serve with whipped cream.

HALF a cup of chopped nuts is a nice change.

MRS. ARTHUR SPRINGETT.

CHOCOLATE SOUFFLE

(Use Menier's Chocolate, none other will do)

$\frac{1}{4}$ pound chocolate Menier
4 eggs
Steam chocolate for half an hour. Work well with yolks of the eggs. Beat yolks with the chocolate. Beat the whites of the eggs stiff. Stir the whole lightly but thoroughly. Let it stand for twelve hours in the dish intended for table. Serve with whipped or plain cream.

MRS. D. C. MACAROW.

SPONGE CAKE DESSERT

MAKE a sponge cake in melon mould. Let cool; cut slice from bottom. Scoop out inside of cake and fill with whipped cream, sweetened and flavoured with Vanilla. Place cake on top of slice and pour over chocolate sauce.

CHOCOLATE SAUCE

2 ounces bitter Chocolate, 1 teaspoon butter, $\frac{3}{4}$ cup boiling water. Cook all together until chocolate melts, then add 1 cup sugar. Cook until it thickens. Take off and add $\frac{1}{4}$ teaspoon Vanilla, 1 tablespoon marshmallow cream.

MRS. CHAS. A. SMART.

CUP CUSTARD

ONE quart milk, one-half pound sugar, eight eggs, little Vanilla. Mix well, bake in buttered custard cups, set in pan of hot water in slow oven.

C.N.R. DINING CAR SERVICE.

SNOW PUDDING

3 cups of water, juice of an orange, juice of a lemon, 3 heaping table-spoons of cornstarch, 1 cup of sugar, whites of 3 eggs.

BOIL water, add sugar, then fruit juices blended in the cornstarch. Stir constantly, till mixture thickens. Let stand till cool. Beat whites of eggs stiff, add to mixture, beating well. Put in mold to set.

FOR THE CUSTARD—2 cups of milk, yolks of 3 eggs, 2 tablespoons of sugar and vanilla.

MRS. W. O'H. PERCEY.

RICE IMPERATRICE

WASH and boil in water two cups of rice, without stirring. When soft and light, drain off the water. Bring to a boil, one quart of milk, stir in the rice and let simmer for about twenty minutes then add one cup of sugar. Remove from fire and mix some chopped candied fruits. Melt three sheets of gelatine and add to the rice. Add to this two cups of whipped cream, put in mould to harden and serve with raspberry sauce.

ALBERT DISERENS,

Chef Patissier, Mount Royal Hotel.

INDIAN TRIFLE

1 quart of milk
rind of $\frac{1}{2}$ large lemon
Sugar to taste

5 heaping tablespoons flour
1 oz. of sweet almonds
 $\frac{1}{2}$ pt. of custard

BOIL the milk and lemon rind and stir in the rice flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten. Boil gently for five minutes, and keep the mixture stirred, take it off the fire, let it cool a little, and pour it into a glass dish, when cold, put the rice out in the form of a star, or any other shape that may be preferred, take out the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into shapes, stick them over the trifle, and garnish it with pieces of bright coloured jelly, or preserved fruits, or candied citron. Time $\frac{1}{4}$ of an hour to simmer the milk, five minutes after rice is added.

CHEF, Mount Royal Club.

FROZEN DISHES

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ICE CREAM

1 pint milk, heat; 1 tablespoon flour, blended in $\frac{1}{2}$ cup cold water; put into hot milk and stir well until it has the consistency of cream. Add 1 cup of sugar, pinch salt, vanilla or any other flavouring desired, cool, add one pint cream. Freeze.

MRS. IRVING P. REXFORD.

BOMBE CANADIENNE

AN exterior of Vanilla Mousse filled with grated chocolate.

C. H. SCHNEIDER,
Chef, Ritz Carlton Hotel.

MOUSSE MONT BLANC

FRESH chestnuts mousse, in a centre of a meringue circle, decorated with vanilla flavored whipped cream, and piped chestnut puree over the top.

C. H. SCHNEIDER,
Chef, Ritz Carlton Hotel.

COFFEE ICE CREAM

Extra Fine

FOR 1 QUART. 1 ounce freshly ground coffee (to be coarsely ground, no dust). 1 quart cream. 4 small egg yolks. 8 ounces sugar.

PLACE one pint of the cream on fire in a double saucepan to scald; add the coffee, mix well, remove from fire and place cover on saucepan. Allow the coffee to infuse for fifteen to twenty minutes.

BEAT the egg yolks, add the other pint of cold cream, and the sugar, and mix well. Now strain the coffee-flavoured cream through double thickness of cheese cloth and mix it with the other ingredients. Freeze in motion freezer in the usual way.

HORACE JOYCE.

FROZEN PUDDING

1 quart cream
1 pint milk
1 cup sugar
4 egg yolks

1 tablespoon gelatine
1 tablespoon vanilla
 $\frac{1}{8}$ teaspoon salt

MAKE custard of milk, sugar and eggs. When it coats a spoon pour over gelatine soaked in a little of the cold milk, add salt. Strain and cool. Whip the cream, add to custard, add vanilla and freeze. Now add any desired flavouring or fruit: wine, cordials or any liquid

flavouring should be added when half frozen and fruit or nuts stirred in as it is packed. Candied cherries, pineapple, Canton ginger, macaroons powdered, or any fruit or preserves are good used singly or in combination.

ALMONDS blanched and browned and cut fine used with bitter almond flavouring and a little almond paste makes a unique pudding. Garnish with whipped cream and salted almonds.

MRS. W. J. MORRISON

NESSELRODE PUDDING

$\frac{1}{2}$ pound almond paste
30 French chestnuts
1 pint cream
Pint can of pineapple
10 egg yolks
 $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ pound candied fruit
1 tablespoon vanilla
4 tablespoons wine
2 cups water
1 cup sugar

BLANCH the chestnuts and pound to a paste or run through food chopper. Rub almond paste smooth. Boil sugar, water and pineapple juice twenty minutes. Beat egg yolks, stir them into the syrup, beating the mixture until it thickens. Place in a pan of cold water and beat ten minutes; mix almonds and chestnuts with the cream, add the candied fruit, the pineapple cut fine, mix with the cooked mixture. Freeze as ice cream, pack in a chimney mould. Turn out and fill the hole with preserved chestnuts, garnish with whipped cream and preserved cherries.

MRS. REX CROASDELL.

BAVAROISE AU CHOCOLAT

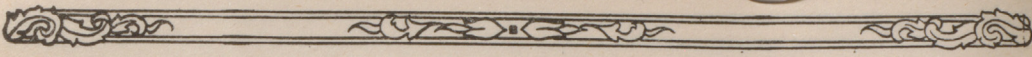
3 bars of chocolate, $\frac{1}{2}$ cup of cold water, $\frac{1}{2}$ cup of sugar, one tablespoonful of gelatine soaked in cold water, half a cup of cream, one whole egg and two yolks, cook all together, add a tablespoon of orange flower water, one tablespoonful of vanilla, fold in 1 teacupful of cream whipped. Put the mixture in a mould to cool and if possible freeze the Bavaroise, it is a great improvement.

MISS ALICE KANE.

BISCUITS BRINELLINE

$\frac{1}{4}$ lb. chocolate made soft in a very little water and four lumps of sugar. When cold, stir in $\frac{1}{2}$ pint of cream and 3 stiffly beaten whites of eggs. Mix all together. Put in a Neapolitan box and freeze five hours. Turn out and cut in fingers the size of vanilla ice wafers. Put between two ice biscuits and serve.

LADY HOLT.



MAPLE MOUSSE

One cup of maple syrup
One cup milk

One cup cream
Two eggs

BEAT whites of eggs and cream to a stiff froth separately. Beat Yolks and add to syrup flavored with vanilla. Then beat all together and freeze.

M. J. LINDSAY.

MAPLE MOUSSE

1 pint maple syrup
Yolks of three eggs

1 pint of cream (whipped)

HEAT the syrup until quite hot (to thicken), then allow it to cool. When cool, add the egg yolks, well beaten; finally add the cream, stirring it into the mix and freeze like ice cream. So delicious—so simple to make.

C. L. SANDERS.

MAPLE PARFAIT

PUT $1\frac{1}{2}$ cups maple syrup in a double boiler. When hot add 4 well beaten egg yolks. Stir constantly until thick enough to coat a spoon. Remove from fire and cool. When cold add 1 pint of whipping cream whipped stiff. Mix well with egg beater and freeze.

MRS. FRED TAYLOR.

MOUSSE FRAPPE

3 eggs, 1 cup maple syrup, $\frac{1}{2}$ pint cream. Beat eggs and syrup. Boil in double boiler till thick. Beat till cold and add to whipped cream. Beat, pack in ice.

MRS. R. E. JAMIESON.

ORANGE PUNCH

MAKE a syrup of one pint water and one pound sugar and rind of two lemons. Strain, add lemon juice and three cups orange juice. When cool freeze until almost stiff. Then add three ripe bananas cut fine, one tablespoon each of chopped candied cherries and pineapple and finish freezing.

MRS. REX CROASDELL.

LEMON SHERBET

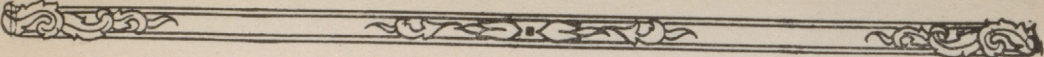
1 quart water
 $1\frac{1}{2}$ cups sugar

$\frac{3}{4}$ cup lemon juice
1 egg white

MAKE syrup of sugar and water, add lemon juice cool and freeze. When half frozen add white of egg beaten stiff.

L. A. VAN DETTE

Secretary-Treasurer, M.A.A.A.



FRUIT SHERBET

MAKE a lemonade of three quarts of water, juice of six lemons, rind of one, and about two cups of sugar. Add one can of grated pineapple and one of choice peaches and freeze.

MRS. REX CROASDELL.

PEACH PARFAIT

1 cup of fresh or canned peaches strained through a strainer; 1 cupful of sugar; $\frac{1}{2}$ cup water; 2 egg whites; juice of 1 orange; 1 pint of whipped cream; a few drops of bitter almond.

BOIL sugar and water together till it threads and pour gently into the egg whites which should be beaten stiff, whipping constantly. Combine the peaches and orange juice. Beat in the egg white mixture, stir briskly until cool. Then fold in the cream, and almond which should be used sparingly. Pack in ice and salt for four hours. If canned peaches are used reduce sugar to $\frac{3}{4}$ cup.

F. L. SCHOFIELD.

PINEAPPLE WATER ICE

2 large ripe pineapples
 $1\frac{1}{2}$ lb. sugar

1 quart of water
Juice of two lemons

PARE the pineapples, grate them, and add the juice of the lemons. BOIL the sugar and water together for five minutes. When cold add the pineapple and strain through a fine sieve. TURN into the freezer and freeze.

IN freezing turn the crank a few turns and then let rest and so continue until the Water Ice is frozen pretty hard.

JIM. ROSE.



JAMS and JELLIES

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AMBROSIA

PUT two cups brandy in a large stone jar and add various fruits as they come in season. To each quart of fruit add the same quantity of sugar. Stir every day until all the fruits have been added.

RASPBERRIES, currants, cherries, strawberries, pears, plums, apricots, peaches, pineapples and apples are best to use. The large fruits should be cut in small pieces.

KEEP covered with a cloth and a tight fitting cover.

DELICIOUS to serve with ice creams, frozen puddings, sauces and puddings.

BLACK CURRANT JAM

PICK over and wash two quarts of black currants. Put them in a kettle with enough water to be seen through the currants. Boil slowly until fruit is tender. Then add four pounds of sugar, boil twenty minutes and bottle.

GRAPE JAM

SEPARATE skin from pulp of grapes, put pulp in preserving kettle with a teacup of water and boil slightly to separate seeds. Put through a colander. Add skins now to this and weigh. Add three-quarters pound of sugar for every pound of fruit. Cook slowly about forty-five minutes stirring frequently so it will not burn. Bottle and seal.

MRS. ALEX. EARLE.

GREENGAGE JAM

7 lbs. greengages
7 lbs. sugar

Water

WIPE the fruit, remove the stones and crack a few of the latter. Place kernels to one side. Put the prepared fruit and kernels in preserving kettle and add cold water to the depth of one inch. Bring to boiling point and boil ten minutes. Add seven pounds sugar, heated in the oven, stirring all the time. Boil rapidly for twenty minutes, then pour into glasses and seal.

MRS. MORLEY A. DAY.

1-2-3-4 JAM

1 can grated pineapple, or a fresh 3 oranges
one 4 apples
2 lemons

PEEL and core apples, slice oranges and lemons and remove seeds, put through chopper. It is not necessary to put pineapple through if using grated, but if using sliced or fresh pineapple put through chopper with other fruit, measure cup of fruit to cup of sugar, then cook over moderate fire for twenty minutes.

MRS. J. W. NORCROSS.

RED CURRANT JELLY

PICK over currants, wash and drain. Put in preserving kettle, and as fruit heats mash with potato masher until reduced to pulp. Pour into jelly bag and let drain over night. Measure and allow one pound of sugar for every pint of juice. Put the juice on to boil and heat sugar in oven taking care not to brown. Boil juice twenty minutes, add sugar, stirring rapidly all the time. Boil three minutes after it comes to boil. Pour into glasses.

APPLE JELLY

CRAB apples are best for jelly. Wash fruit and cut in quarters. Almost cover with water and cook to a pulp. Drain over night through jelly bag. Measure juice and proceed as for red currant jelly.

MRS. W. J. MORRISON.

GRAPE JELLY

WASH grapes, pulled from stems, and put in kettle. Heat slowly mashing to extract juice. When well cooked, drain in jelly bag and proceed as for other jelly.

QUINCE JELLY

WASH and cut up fruit and cook in water to almost cover. Drain over night and proceed as with currant, grape, etc.

CRANBERRY JELLY

4 cups cranberries
1 cup boiling water

1 medium sized apple, cut small

BOIL twenty minutes, then put through a sieve. Add 2 cups sugar to juice and boil five minutes.

MRS. G. R. BUCKHAM.

RED PEPPER JELLY

(For Salad Decorating)

1 dozen hot, sweet, red peppers, chopped fine. Cover with boiling water for one minute. Drain and cover with vinegar.

ADD $1\frac{1}{2}$ lbs. granulated sugar, 2 lemons, cut in quarters. Boil for twenty to thirty minutes, until it jellies. Lift out lemon before bottling.

MRS. P. M. LEMAISTRE.

RED PEPPER JELLY

1 doz. red peppers. Take out seeds. Put through mincer. Cover with cold water. Pour off in five minutes. Scald and drain. Cover with cider vinegar. Add 2 lemons, cut in slices. Boil $\frac{1}{2}$ hour. Add 2 lbs. white sugar. Boil twenty minutes, till it jellies. Remove lemon and put in jelly glasses.

MRS. W. O'H. PERCY.

CURRENT PRESERVES

3 lbs. currants
3 lbs. sugar

1½ cups water
2 oranges put through food
chopper, skin and all

PUT in an earthen dish over night. cook fifteen minutes next day after coming slowly to boiling point. Bottle and seal.

RASPBERRY AND CURRENT PRESERVE

2 lbs. raspberries
3 lbs. sugar

1 pint current juice

COOK twenty minutes and no more fruit at a time. Bottle and seal.

PRESERVED PINEAPPLE

2 cups sugar (white)
1 cup water

1 quart pineapple

PUT through mincer. Boil 1 hour.

MRS. J. R. HENDERSON.

PRESERVED PINEAPPLE

CUT pineapples in half, cut out core and scrape all the pulp out with a silver fork. Weigh and allow $\frac{3}{4}$ pound sugar to one pound fruit. As the fruit is prepared, put it in a stone crock and cover each layer with sugar, the correct weight. When all the pines are done cover and set in cold place until next day. Pour off the juice and bring slowly to boiling point. Cook slowly for half an hour, add pineapple, let boil up, cook three minutes, skim and can at once.

DONE this way the fruit never loses its color or flavor.

GRAPE CONSERVE

To 2 pints of grape pulp add 3 pounds sugar, 1 lb. chopped raisins, 1 lb. English walnut meats chopped fine. Cook all together until thick. Seal while hot. Cook the grapes first to get the seeds and skins out, then put through a strainer to get pulp.

MRS. J. W. NORCROSS.

HARLEQUIN CONSERVE

18 peaches
8 blue plums
8 red plums

1 bunch white grapes
½ lb. blanched almonds
1 orange

CHOP fruits, add three-fourths amount sugar. Cook until thick. Add nuts at last.

MRS. J. L. SLATTERY.

MARMALADE

6 bitter oranges
2 lemons

7 lbs. white sugar
5 quarts water

CUT oranges and lemons, removing pits and leaving all to stand until next morning putting pits in another bowl with 1 pint of water taken from the 5 quarts. Then in morning put pits in bag and boil hard for 2 full hours, then take bag of pits out and put in sugar and boil for $\frac{1}{2}$ hour.

MISS L. M. CARTER.

BITTER ORANGE MARMALADE (Seville Oranges)

WEIGH 12 Seville oranges, cut in half and seed, slice very thinly. ADD one quart cold water to every pound of fruit, allowing one quart extra to put on the seeds, let stand until next day, then strain the water off the seeds and boil the whole quantity half an hour, let stand until the next day, weigh the mixture and add $1\frac{1}{2}$ lb. of white sugar to each pound of mixture then boil, rapidly, for one half hour, let stand and boil another half hour the next day. I find that the third boiling always makes it jelly.

CHARLOTTE BOOTH.

GRAPE-FRUIT MARMALADE

USING in the proportions of 1 grape-fruit, one orange and one lemon, instead of the Seville oranges, the above recipe makes a very good marmalade.

CHARLOTTE BOOTH.

ORANGE MARMALADE

3 bitter oranges
1 lemon

4 quarts water
4 lbs. sugar

CUT up oranges and lemon, put in water in preserving kettle. PUT seeds and odd scraps in a bowl in part of water.

LET all stand over night, strain water from seeds into first mixture.

BOIL $1\frac{1}{2}$ hours without sugar then add heated sugar and boil $\frac{1}{2}$ hour or until it jells.

MRS. J. PATRICK.

ORANGE AND APPLE MARMALADE

4 lbs. apples, 3 oranges chopped fine, 4 lbs. sugar, $1\frac{1}{2}$ cups water. BOIL till it jells and bottle while hot.

MRS. R. E. JAMIESON.

GRAPE-FRUIT MARMALADE

6 medium grape-fruits
10 lbs. granulated sugar

10 pints water

PASS grape-fruit through meat chopper, add water and let stand over night. Boil one hour, add sugar, and boil two hours. Most delicious.

MRS. Z. R. LAFLECHE.

GRAPE-FRUIT MARMALADE

CUT fruit in slices as thin as possible discarding core. To every cup of cut up fruit add $2\frac{1}{2}$ cups of water and let stand over night. Next day boil quickly for an hour, put back in crock. Next day weigh boiled liquid and to every cup of liquid allow $1\frac{1}{4}$ cups of sugar and boil till thick or jellies. Cover pits with water and weigh this liquid with rest of fruit second day of boiling.

It is better to make about three grape-fruit for a first trial.

MRS. FRANK SPENCE.

RHUBARB MARMALADE

6 lbs. rhubarb
4 lbs. sugar

$\frac{1}{2}$ lb. candied or preserved
ginger

CUT up fruit, cover with half the quantity of sugar and let stand over night. Drain off syrup formed, in the morning. Add balance of the sugar, and let boil about ten minutes, then add fruit and boil till a nice rich red in color, about forty-five minutes. For variety one may use lemon, sliced fine, or figs, cut in pieces.

MRS. JOHN MORRISON.

RHUBARB MARMALADE

4 lbs. rhubarb
 $\frac{1}{2}$ cup water
5 lemons
6 lbs. sugar

$\frac{3}{4}$ pound blanched, chopped
almonds
1 oz. ginger extract

WASH and dry rhubarb and cut in small pieces, add water, chopped rinds of lemon and juice and boil twenty minutes. Now add sugar, almonds, and ginger extract and boil rapidly until clear. Put into jars and seal.

PEAR MARMALADE

8 lbs. pears, peeled, cored and cut in thin slices; 4 oranges, 4 lemons, cut as for marmalade, rejecting all ends; 1 pint water; $\frac{1}{2}$ lb. candied ginger, sliced thin; 8 lbs. sugar, heated in oven and added after other ingredients have boiled two hours. Boil twenty minutes and bottle while hot.

MRS. ALEX. EARLE.

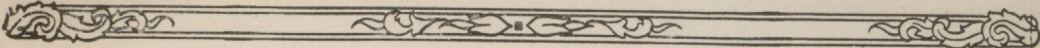
GRAPE MARMALADE

1 quart grape juice
3 oranges, put through fine mincer
both peel and pulp

1 cup Sultana raisins
1 quart sugar

PUT grapes on to heat and when mushy strain overnight to get juice, as for jelly. Take juice with one cup of the sugar and cook twenty minutes, add oranges, raisins and the rest of the sugar and boil five minutes. Chopped nuts may be added if desired.

MRS. A. W. BLACKBURN.



SPICED GRAPES

REMOVE the seeds of grapes as you would do for preserves. To 5 pounds of fruit add 4 pounds of sugar, 1 pint of vinegar, 2 table-spoonsful of cinnamon, ground, 2 tablespoonsful of cloves, ground. Simmer slowly for two hours. Seal tight. Any well flavored grape may be used.

LADY BERTRAM.

SPICED PLUMS

5 lbs. blue plums	1 teaspoon cinnamon
4 lbs. brown sugar	1 teaspoon cloves
1 teaspoon allspice	1 pint malt vinegar

REMOVE pits from plums, boil ingredients until thick, watch carefully as it thickens. It burns very easily.

MRS. LAWRENCE SEWELL.

MINT AND RHUBARB CONSERVE

1 quart chopped mint	4 cups sugar
1½ quarts rhubarb	

WASH and cut up rhubarb, put in kettle with sugar and mint. Cook until thick and put in small jars.

SERVE with meat.

MRS. JOHN BROWN.

WALNUT RELISH

2½ lbs. prunes	2 oranges
2½ lbs. sugar	1 lemon
½ lb. walnuts	1 teaspoon salt

CHOP prunes, grate rind of orange, chop nuts, add juice of oranges and lemon. Boil until the prunes are cooked.

MRS. H. I. NELSON.



PICKLES and SAUCES

□ □ □

SPICED GOOSEBERRIES

7 lbs. gooseberries
4 lbs. brown sugar
2 lbs. raisins (stoned)

1 pint vinegar
2 tablespoonsful mixed spices

BOIL one hour or till thick.

MISS A. E. WHITE.

GOOSEBERRY CATSUP

8 quarts gooseberries, 9 lbs. brown sugar, 1 pint of sharp vinegar, 1 tablespoon each of powdered cloves and cinnamon. Take stems and blossoms off berries. Put a little water in the kettle, put in the berries and half of the sugar. Boil for three hours. When nearly done, put in rest of sugar and the vinegar and spices.

N.B.—THE riper the gooseberries the richer the catsup.

MRS. ANSON MCKIM.

SWEET PICKLED SICKLE PEARS

1 pint malt vinegar
3 lbs. of sugar

5 cents worth of cinnamon, cloves
and ginger. Crush them.

BOIL all together. Then add washed pears. As soon as fork can pierce them, bottle them. When bottle is full cover with liquid.

MRS. FRED. EVELEIGH.

CHILI SAUCE

(Hot Stuff)

18 ripe tomatoes, 4 green peppers, 1 large onion, $2\frac{1}{2}$ cups vinegar, 1 tablespoon salt, 1 teaspoon ground allspice, 1 teaspoon ground cinnamon.

BOIL three hours.

MRS. FRED. LEARMONTH.

CHILI SAUCE

SKIN and cut 12 large tomatoes in small pieces, 4 large onions, 4 green peppers (chopped fine). Add 4 tablespoons sugar, 3 tablespoons salt, 1 teaspoon cloves, 1 teaspoon cinnamon.

BOIL two hours slowly.

G. U.

CHILI SAUCE

24 large ripe tomatoes
3 green peppers (small)
4 onions (small)

2 cups vinegar
4 tablespoons brown sugar
2 tablespoons salt

BOIL one hour or until thick.

MRS. D. J. H. MURDOCK.

CHILI SAUCE

8 large tomatoes
2 large onions
2 red peppers
1 tablespoon salt

2 tablespoons brown sugar
1 tablespoon Currie powder
1 tablespoon mustard
 $\frac{1}{2}$ cup vinegar

Parsley, sage and savory to taste onions and peppers to be chopped fine.

Boil till quite thick.

CIS. KING.

CHILI SAUCE

12 ripe tomatoes
2 large white onions
3 bunches celery
2 medium-sized green peppers

2 cups brown sugar
1 cup vinegar
1 teaspoon salt
Boil two hours

MRS. R. H. PAUL.

CELERY SAUCE

1 peck tomatoes, 10 onions, 4 large heads celery, 15 tablespoons sugar, 5 tablespoons salt, 4 cups vinegar, 3 red peppers. Boil 2 hours.

MRS. C. R. ROBINSON.

CORN RELISH

3 cups corn
3 cups chopped cabbage
3 cups chopped celery
2 cups brown sugar
2 tablespoons salt

2 tablespoons mustard seed
2 tablespoons celery seed
2 tablespoons mustard
2 red peppers
2 tablespoons turmeric

ENOUGH vinegar to cover. Boil twenty minutes and seal in air tight jars.

MRS. HARRY MACKENZIE.

ENGLISH CELERY SAUCE

30 large ripe tomatoes, 12 large Spanish or white onions, 6 large or 8 medium heads celery, 3 large or 6 small green peppers, 2 pounds brown sugar, 4 tablespoons salt, 6 cupfuls vinegar.

REMOVE seeds from peppers. Chop peppers with onions and celery (may be put through chopping machine). Peel and cut up tomatoes. Put vinegar, salt and sugar, add vegetables. Cook two hours. Bottle hot in air-tight sealers.

MRS. C. R. BOURNE.

TOMATO BUTTER

(Pickle)

PEEL and soak over night, 20 lbs. of tomatoes, in enough vinegar to cover.

MAKE A SYRUP OF:

2 quarts vinegar	1 tablespoon cloves
6 lbs. sugar	1 tablespoon cinnamon
1 teaspoon Cayenne pepper	1 tablespoon allspice
1 tablespoon salt	

WHEN syrup is hot, add the tomatoes and boil until thick. (About five hours).

MRS. HERBERT MARLER.

TOMATO BUTTER

10 lbs. ripe tomatoes (peeled)	1 tablespoon cloves
1 quart vinegar	1 tablespoon allspice
3 lbs. brown sugar	1 tablespoon salt
$\frac{1}{2}$ teaspoon red pepper	6 peaches (peeled)
1 tablespoon cinnamon	

BOIL till thick.

MRS. MACKENZIE.

APPLE CHUTNEY

BOIL together in one pint best vinegar 3 lbs. of apples (sliced), two sliced Spanish onions, 1 teaspoonful of mustard, a few cloves, 2 oz. of salt, a little Cayenne pepper, then put nearly 1 lb. of brown sugar into another pint of vinegar, boil until dissolved—about 20 minutes. When cool add apple mixture Bottle and cover tightly.

MRS. McCLEMENT,
Chef: Royal Montreal Curling Club.

TOMATO CHUTNEY (Good for Sandwiches)

20 large tomatoes	10 tablespoons white sugar
3 heads celery	3 tablespoons salt
3 red peppers	3 cups malt vinegar
6 onions	

CHOP onions, celery and peppers together and put them with tomatoes, sugar, salt and vinegar on to boil for three hours stirring constantly.

PUT up in glass jars.

MRS. HERBERT MOLSON.

TOMATO CHUTNEY

(An Indian Recipe)

- | | |
|-----------------------------------|-------------------------------|
| 1 lb. tomatoes (green or ripe) | $\frac{1}{2}$ lb. brown sugar |
| 1 lb. apples, chopped | 1 large onion, chopped |
| 1 lb. raisins, stoned and chopped | $\frac{3}{4}$ qt. vinegar |
| 2 ozs. garlic, chopped | 1 dessertspoon red pepper |
| 1 dessertspoon ground ginger | 1 dessertspoon dry mustard |
| 1 dessertspoon curry powder | |

ALL ingredients to be minced and made into a fine pulp. Cook all in the vinegar and when it has come to a boil slowly, it is ready to put into jars.

If wanted very hot double the amount of spices. Gooseberries will do instead of apples. What you must have is a mixture of sweet and acid.

MRS. A. SPRINGETT.

TOMATO CREAM

- | | |
|---|---------------------------------------|
| 12 tomatoes | 2 lbs. brown sugar |
| 12 apples | 1 quart vinegar |
| 12 onions | $\frac{1}{2}$ teaspoon Cayenne pepper |
| $\frac{1}{4}$ lb. mustard | $\frac{1}{2}$ teaspoon white pepper |
| $1\frac{1}{2}$ tablespoons salt, after sauce is finished. | |

Boil till thick.

N. M. KING

TOMATO KETCHUP

- | | |
|------------------------|---------------------------|
| 1 bushel tomatoes | 2 cloves garlic. |
| 2 ozs. ground cloves | 1 tablespoon black pepper |
| 2 ozs. ground allspice | $\frac{1}{2}$ cupful salt |
| 2 ozs. ground cinnamon | 1 pint vinegar |
| 2 tablespoons mustard | 6 large onions |

Boil tomatoes and onions till soft, then strain and add vinegar and spices, tied in cloth and boil for two hours.

MRS. JOHN BROWN.

ST. JAMES CLUB RELISH

- | | |
|-----------------|---------------------|
| 1 doz. tomatoes | 4 white peppers |
| 2 onions | 2 tablespoons sugar |
| 1 cup vinegar | 2 tablespoons salt. |

Boil $1\frac{1}{2}$ hour.

MISS SCOTT.

FRUIT AND TOMATO SAUCE

(Extra Good)

30 ripen tomatoes (skinned), 6 medium sized onions, 6 large peaches (peeled), 6 large pears (peeled), 2 apples (peeled), $\frac{1}{4}$ teaspoon cayenne pepper, 4 cups white sugar, 2 tablespoons salt, 1 quart white wine vinegar, 1 package (5c.) mixed spices, tied in muslin bag, chop all together.

Boil one hour.

MRS. FRED. LEARMONTH.

FRUIT SAUCE

12 tomatoes	2 green peppers
12 peaches	2 pints white wine vinegar
12 apples	2 lbs. brown sugar
12 pears	4 dessert spoons salt
8 onions	1 package mixed spices in bag

CHOP finely and boil 75 minutes.

FRANK S. MCGILL.

BEAN RELISH

1 peck butter beans	2 tablespoons mustard seed
3 pints vinegar	2 tablespoons turmeric powder
1 cup mustard	2 lbs. brown sugar
1 cup flour	

• STRING beans, boil until tender, put in handful salt. When tender drain, mix ingredients with vinegar, bring to a boil, then put in beans, let boil up once.

HELENA M. CORNELL.

CUCUMBER RELISH

1 quart ripe cucumbers (cut small)	3 lbs. brown sugar
1 quart celery	1 hot red pepper
1 quart spanish onions	1 green pepper

PUT these on with two pints of white vinegar, let simmer till soft, then mix $\frac{3}{4}$ cup of flour, 2 dessertspoons mustard, $\frac{1}{2}$ teaspoon Cayenne pepper, 1 tablespoon salt, and 1 teaspoon turmeric powder with $\frac{1}{2}$ pint weak vinegar, add to pickles, let come to a boil then bottle. This pickle keeps well, and is quickly made. All seeds must be taken out of cucumbers. Peppers to be chopped finely.

MRS. GEO. V. KNEEN.

CUCUMBER SAUCE

6 doz. small cucumbers (5 or 6 inches long)	1 teaspoon turmeric powder
2 qts. chopped Spanish onions	1 dessertspoon mustard
1 oz. celery seed	3 large cups brown sugar
1 oz. mustard seed	3 pts. white vinegar (not too strong)
4 tablespoons olive oil	

CUT cucumbers in slices (thinly) with sharp knife. Chop onions fine, cover with 1 cup salt over night. Drain and wash with clear water next morning. Add spice and sugar, also olive oil to vinegar, boil for a few minutes, add cucumbers and onions, let stand on the back of stove for ten minutes, then seal.

MRS. GEO. V. KNEEN.

RIPE CUCUMBER PICKLES

12 lbs. cucumber (ripe), cut as desired, removing seeds. Sprinkle over with salt, and let stand three hours.

CHOP up one small head of celery and grate one small root of horseradish, 3 pints white wine vinegar, 5 pounds white sugar, 1 oz. cloves, 1 oz. mace.

PUT in cucumbers and let all boil twenty minutes. Skim out, and let the liquid boil twenty minutes longer.

EXTRA good.

MRS. FRED. LEARMONTH.

RIPE CUCUMBER PICKLES

CUT yellow cucumbers into quarters, the long way. Simmer in weak alum water (2 teaspoonfuls to 1 quart water) for one hour. Chill in ice water.

MAKE syrup, 2 lbs. sugar, 1 pint vinegar, $\frac{1}{2}$ cup mixed spices (in bag). WHEN syrup is boiling put in cucumbers, boil until soft enough to pierce.

MRS. H. MACKENZIE.

CUCUMBER PICKLES

PICK when two or three inches long, no larger. Wash, dry, and put a layer in the bottom of a glass fruit jar. Mix one teaspoon each of whole cloves, whole peppercorns, allspice and two teaspoons of stick cinnamon broken fine. Sprinkle cucumbers in the jar with this mixture, add more cucumbers, then more spice, and so alternately, until the jar is full. This amount of spice is for a quart can. Fill the can with strong vinegar, cold, screw on the cover and in about four or five weeks they will be ready for use. By this method one can pick cucumbers each day, using as many cans as they will fill. This is sure and easy and there is no trouble salting, boiling, etc.

MRS. A. E. BROCK.

GHERKINS

1 gallon malt vinegar, 1 cup salt, 1 cup mustard.

DISSOLVE all well, and pour over very small cucumbers.

No heating or cooking.

MRS. FRED. LEARMONTH.

SWEET PEPPER RELISH

(To Be Eaten With Cheese)

1 doz. sweet red peppers (Boston peppers), 2 cups vinegar, 3 cups white sugar.

BOIL vinegar and sugar till they begin to thicken then add chopped or sliced red peppers. Be sure and remove seeds and boil about twenty minutes until thick. Be careful not to boil too long as you will lose the nice colour of peppers.

MRS. LAWRENCE SEWELL.

GREEN TOMATO PICKLE

1 peck green tomatoes, sliced thin, 6 large onions sliced, 1 cup of salt. Mix thoroughly and let stand overnight. Pour off all the liquid and add 3 pints good vinegar. 1 tablespoon allspice, 1 tablespoon cinnamon, 1 teaspoon pepper, 3 lbs. granulated sugar, 2 green peppers cut small, 1 red pepper, 2 apples cut small, 1 peach cut small, a cup chopped celery. Boil two hours slowly.

FRANK S. MCGILL.

GREEN TOMATO PICKLES

5½ quarts small green tomatoes. Peel and boil till tender in a little salt and water. After tomatoes are boiled stick three or four cloves in each, put them on a large meat dish to drain till next day. Make a syrup of 4 lbs. of sugar, 1 qt. vinegar, stick cinnamon and whole cloves, pour over the fruit hot, stand three days, pour off and scald again, put the fruit in carefully and let it come to a boil, then bottle.

MISS A. E. WHITE.

GOVERNOR'S MIXTURE

(Good for Young and Old)

TAKE your quantity of green tomatoes, wash and as you slice, sprinkle with salt.

LET stand over night.

LIFT out and put in preserving kettle with a handful of cloves, ginger and cinnamon (whole spices) vinegar to cover. Sweeten to taste, and boil until soft.

MRS. F. M. LEARMONTH.

INDIA RELISH

1 peck green tomatoes	2 tablespoons mustard seed
1 medium size cabbage	2 tablespoons coriander seed
6 onions (large)	1 tablespoon stick cinnamon
3 red peppers	1 tablespoon whole cloves
2 green peppers	1½ cups salt
8 cupfuls sugar	3 quarts vinegar
2 tablespoons celery seed	

CHOP tomatoes. Add salt. Let stand overnight. Next morning drain. Add cabbage chopped fine. Then boil in vinegar for thirty minutes. (If vinegar is very sour, use diluted). Then add onions, peppers, seeds and muslin bag containing cloves and cinnamon.

COOK until onions are tender. Bottle hot.

MRS. C. R. BOURNE.

INDIAN RELISH PICKLE

10 large ripe tomatoes	$\frac{1}{2}$ teaspoon red pepper
8 onions	1 tablespoon cinnamon
6 sticks celery	1 teaspoon ginger
8 apples	1 teaspoon allspice
1 large red pepper	$\frac{1}{2}$ cup salt
All chopped	$\frac{1}{2}$ lb. raisins
1 lb. white sugar	$\frac{3}{4}$ pint malt vinegar

Boil all together half an hour.

MRS. LAWRENCE SEWELL.

MRS. CLEMENS' PICKLE

2 quarts cucumbers	2 heads cauliflower
2 quarts onions	6 green peppers

Cut all in small cubes.

$\frac{1}{2}$ gallon vinegar	$\frac{1}{2}$ oz. celery seed
2 ozs. mustard seed	8 cups of brown sugar

$\frac{3}{4}$ cup flour, $\frac{1}{2}$ oz. turmeric, mix together with a little vinegar.

SALT to taste, mix all together and boil ten minutes.

RELISH

2 quarts onions, 2 quarts cucumbers, one large cauliflower, (keep separate).

Put through mincer and let stand over night covered with boiling water and salt. In the morning drain and mix all together and make following sauce:

3 pints of vinegar	1 oz. turmeric powder
4 green peppers (chopped fine)	1 oz. celery seed
6 cups of sugar	2 ozs. mustard seed
1 oz. curry powder	$\frac{1}{2}$ cup mustard

Put vinegar in preserving kettle. Add other things, thicken with flour. Add pickles and bring to a boil for ten minutes.

MRS. VALLANCE.

AMERICAN PICKLE

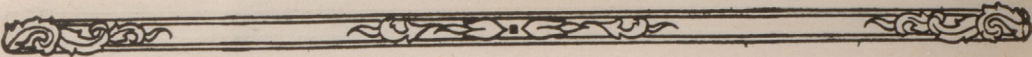
2 doz. green cucumbers	11 large onions
$\frac{1}{2}$ head cabbage	

All chopped fine. Sprinkle with salt and leave until next day, then drain through a colander.

1 lb. of mustard	2 tablespoons celery seed
2 tablespoons white pepper	1 tablespoon turmeric
1 lb. brown sugar (or less to suit taste)	

3 quarts vinegar, bring this to a boil and watch closely as it burns easily. When boiling well, pour over chopped vegetables and cover closely.

MRS. LAWRENCE SEWELL.



BENGAL CHUTNEY

$\frac{1}{2}$ peck green tomatoes, chop fine and sprinkle with salt over night, drain and add half amount of onions, 2 cloves of garlic and $\frac{1}{4}$ peck apples, 1 lb. of raisins, 4 peppers, 1 teaspoon each of cloves, cinnamon, ginger and 1 tablespoon of allspice, 1 tablespoon of Cayenne.

COVER with white wine vinegar, and boil slowly for six hours.

MARTHA DUNPHY.

PICKLED BEETS

BOIL beets till tender, pour off hot water, cover with cold, peel, and fill bottles, then boil one pint of vinegar with two cups of brown sugar, fill the jars overflowing and seal hot.

MRS. H. MACKENZIE.

MUSTARD PICKLES

1 qt. gerkins
1 qt. green tomatoes
2 qts. small onions

2 qts. cauliflower
2 cups salt

DISSOLVE in water enough to cover all. Let stand 24 hours. Drain well then add:

$\frac{1}{2}$ lb. mustard
 $\frac{1}{2}$ lb. sugar
3 qts. vinegar

1 cup flour
2 oz. turmeric powder

PUT vinegar on to heat. Mix mustard, sugar and flour and turmeric with cold water. Add to vinegar. Boil all 10 minutes. Pour over vegetables which are not to be cooked. Stand one month before using.

MRS. J. R. HENDERSON.

SPANISH SAUCE

1 doz. green tomatoes

$\frac{1}{2}$ doz. onions

SPRINKLE with salt and stand over night, then add:

1 doz. apples

2 lbs. brown sugar

$\frac{1}{4}$ lb. mustard

1 oz. ginger

1 teaspoonful black pepper

2 red peppers

5 cups vinegar

BOIL until thick.

MRS. J. R. HENDERSON.



BEVERAGES

□ □ □

A Few Good Recipes - - Horace Joyce

A few tried and approved recipes taken from my own note books, as used for many years during the time my father and myself were engaged in our old business in Phillips Square—Horace Joyce.

BUCCLEUCH CUP (Temperance)

3 bottles Gurd's Kola 2 bottles Gurd's lemon sour
Juice 4 lemons 1 thinly sliced orange
 $\frac{3}{4}$ pint infusion, made with 6 teaspoonfuls of "Pin Tuck China" tea.
3 lbs. ice 4 heaping dessertspoonfuls white sugar

FRUIT PUNCH, OR GRAPE CUP (Inexpensive)

FOR 2 gallons:

18 lemons, strained juice 5 one-pint bottles Marsh's grape juice
6 oranges, strained juice 2 lbs. sugar
SODA water to make up the quantity of two gallons, or half Laurentian water and half soda water.

LEONARO BEVERAGE (A Temperance Punch)

QUANTITIES for one gallon:

8 oranges, strained juice $\frac{3}{4}$ lb. sugar
4 lemons, strained juice

SODA water or Radnor water, sufficient with above to make up to 1 gallon.

ADD also to each gallon the juice and pulp, finely chopped, of half a pineapple; also 1 fluid ounce orange flower water.

NIAGARA PUNCH

1 bottle (pint) Marsh's white grape juice
1 bottle (pint) Marsh's Concord grape juice
 $1\frac{1}{2}$ pints lemon syrup 2 lbs. ice
 $1\frac{1}{2}$ pints cold freshly made tea 1 orange, very thinly sliced
2 bottles Gurd's dry ginger ale, $\frac{1}{2}$ syphon Gurd's soda water. Add just before serving, and mix punch well.

OLD BERRY'S HOT PUNCH

1 tumblerful Elderberry wine 3 pints boiling water
3 heaping tablespoonfuls (if concrete) or 2 gravy spoonfuls strained honey, juice 2 lemons, 1 thinly sliced orange (omit seeds).
MIX and serve. Watch the smiles of satisfaction on faces of guests after returning from a snow-shoe tramp.

THE BRIDE'S FRUIT PUNCH

FOR 7 Quarts:

JUICE 12 lemons, strained, $1\frac{3}{4}$ lbs. sugar. Make up to $\frac{1}{2}$ gallon with plain cold water, adding 2 fluid ounces orange flower water. 2 one-quart bottles Concord grape juice.

MIX, and add just before serving, 3 syphons cold soda water, or rather just sufficient to make up to 7 quarts. Then add $\frac{3}{4}$ of a pint of grated pineapple and one ounce crystallized orange petals (French) to complete the punch.

ORANGE PUNCH

JUICE of two oranges, 1 lemon, 1 teaspoon of sugar, 2 bottles of sweet (not dry) ginger ale.

MRS. A. D. DURNFORD.

GRAPE JUICE PUNCH

1 pint bottle grape juice, 2 bottles of Adanac ginger ale, 1 bottle soda water, a strip of lemon peel.

MRS. A. D. DURNFORD.

EGG-NOG

FOR one glass of egg-nog, beat the yolk of one egg until light, add one teaspoon of sugar, one tablespoon of brandy or whiskey, stir well and add one-half cup of milk or cream. Beat the white of the egg and add to the liquid. Grate nutmeg over the top.

AN ideal lunch for children is made by beating a whole egg, adding a teaspoon of sugar and a drop of vanilla and filling the glass with good whole milk. This with bread and butter sandwiches is very satisfying. White of egg may be beaten separately and added at the last with grated nutmeg if liked better.

COLD EGG-NOG

POUR a tablespoonful of brandy into a tumbler, add a tablespoon of cream and sugar to taste and mix well. Whip up the white of an egg into a froth and stir it lightly into the brandy.

HOT EGG-NOG

BEAT the yolk of an egg and a teaspoon of sugar well together, then stir in a wineglass of brandy. Fill the glass with milk brought to the boiling point, and mix well.

J. MELROSE MACDONALD.

FOR 6.

FRUIT PUNCH

1 bottle white wine
1 liqueur glass brandy
1 liqueur glass Curacao
1 liqueur glass Sherry

Juice of one-half lemon
Juice of one-half orange
4 tablespoons sugar
2 pint bottles soda water

MIX well and pour into bowl, adding more sugar if wanted. Add now one-half lemon and one-half orange sliced very thin and cut in half, some Maraschino cherries, and a piece of ice.

MISS IRENE CAIRNS.

CHAMPAGNE CUP

SAME as Fruit Punch, only using one quart Champagne in place of two pints soda water, and leaving out sliced fruit.

MISS IRENE CAIRNS.

CLARET CUP

$\frac{1}{2}$ glass brandy
1 quart claret
2 bottles soda water
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ lemon cut in slices

$\frac{1}{2}$ lemon juice
4 or 5 sprigs of mint
2 small pieces cucumber peel
Piece of ice size of an orange

C. C. KING.

CLARET PUNCH

12 oranges
3 lemons
2 cups sugar

1 bottle Adanac ginger ale
1 pint claret

Squeeze the juice of the oranges and lemons together and mix thoroughly with the sugar then add the ginger ale and claret. Chill with cracked ice before serving.

W. P. ARMSTRONG.

RUM SWIZZLE

1 part unsweetened lime juice
2 parts granulated sugar
3 parts Jamaica Rum—full strength
4 parts water

SHAKE well, and serve in a liqueur glass.

J. A. TAYLOR,
Past President, M.A.A.A.

TWO COCKTAILS

1 part Dry Gin ¼ part Sherry wine

2 parts French Vermouth

POUR over cracked ice when serving.

1 part Dry Gin

1 part Italian Vermouth

1 part French Vermouth

POUR over cracked ice when serving.

W. H. R. DENMAN,
Director— M.A.A.A.

AN AMERICAN COCKTAIL

1 pint vanilla ice cream, 4 or 5 cocktail glasses of Dry Gin, piece of ice. Shake well. Shaking is the secret of success.

MRS. G. C.B.

BRONX COCKTAIL

FOR 6. Juice of two oranges, 2½ wineglasses of gin, 2 wineglasses of French Vermouth, 1 wineglass of Italian Vermouth, a little chipped ice. Shake well.

C. C. KING.

JOHN COLLINS

FOR 4. Juice of two lemons, strained, 6 teaspoons of sugar. Shake well. Add two wineglasses of Dry Gin and lump of ice size of lemon. Shake again—well. Pour equal parts into four tumblers and fill with plain soda water. Serve cold.

PETE McFUDDIE.

COCKTAIL

FOR 6. The juice of two lemons and one orange, strained, 4 teaspoons of sugar. Add one wineglassful of Grenadine. Shake well with lump of ice. Add three wineglasses of Dry Gin, white of one egg beaten. Shake well and serve cold.

PETE McFUDDIE.

WHISKEY SOUR COCKTAIL

FOR 4. The juice of two lemons, strained, 6 teaspoons of sugar. Shake until dissolved.

ADD two or three wineglasses of RYE Whiskey. Lump of ice size of lemon and shake until ice dissolves. Serve at once—cold.

PETE McFUDDIE.

CLOVER LEAF COCKTAIL

FILL a mixing glass with cracked ice, a dash of grenadine, white of one egg, juice of half a lemon, ½ wine glass dry gin, shake well and strain. Sprig of mint on top. Serve cold.

HARRY FRAZIER.

SOUTHERN COCKTAIL

1-3 dry gin, 1-3 Italian vermouth, 1-3 grenadine, juice of half a lemon (strained). Shake well. Frappe with a little ice.

HARRY FRAZIER.

MARTINI COCKTAIL

THREE dashes Angostura bitters, one-half gin, one-half Italian vermouth, small piece of lemon. Fill with ice, shake and strain into a cocktail glass.

JOHN KERRY.

RAYMOND'S SILVER FIZZ

(Famous in New Orleans)

FILL a half pint mixing glass with chipped ice. Add two teaspoons sugar, juice of half a lemon, white of one egg, and a wineglass of dry gin. Shake well, strain into serving glass and fill with club soda.

GOLDEN FIZZ

Two teaspoons sugar, juice of half a lemon, yolk of egg and wine glass of gin poured over cracked ice. Shake well and strain into glass. Fill with club soda.

MINT JULEP

FILL glass with chopped ice and stir until glass is covered with frost. In mixing glass crush one sprig of mint, add half a wineglass of whiskey. Pour over chopped ice until glass is well filled. Garnish with lemon peel and sprig of mint dipped in sugar. Serve with straws.

BILLY MORRISON,

Secretary, M.A.A.A. Boxing Club.

HIGHBALL MELEE FOR 6

$\frac{1}{4}$ cup each Jamaica rum, brandy, orange curacoa, $\frac{1}{2}$ cup whiskey, two tablespoons sugar. Add 1 orange and 1 lemon cut in slices and 2 tablespoons grape fruit juice. Put in glass jar on ice for several hours. Strain and pour in 6 highball glasses, partly filled with ice. Fill glasses with club soda.

E. S. HAMILTON,

Director M.A.A.A.

SHERRY FLIP

STIR the yolk of an egg in a glass with a little sugar, till creamy. Add a wineglass of sherry, beat the white of the egg to a froth and stir it gently into the sherry. A brandy flip is made the same way.

W. W. BEVERIDGE.

SLOE GIN FIZZ

INTO a mixing glass half full of ice put three dashes of lemon juice, $\frac{1}{2}$ tablespoon sugar, $\frac{1}{2}$ wineglass sloe gin. Shake well and strain into glass. Fill with club soda.

HARRY FRAZIER.

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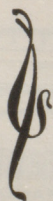
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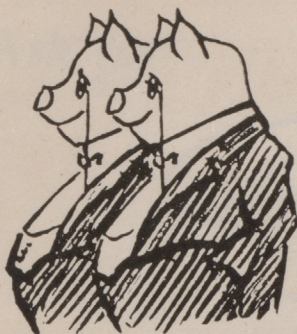
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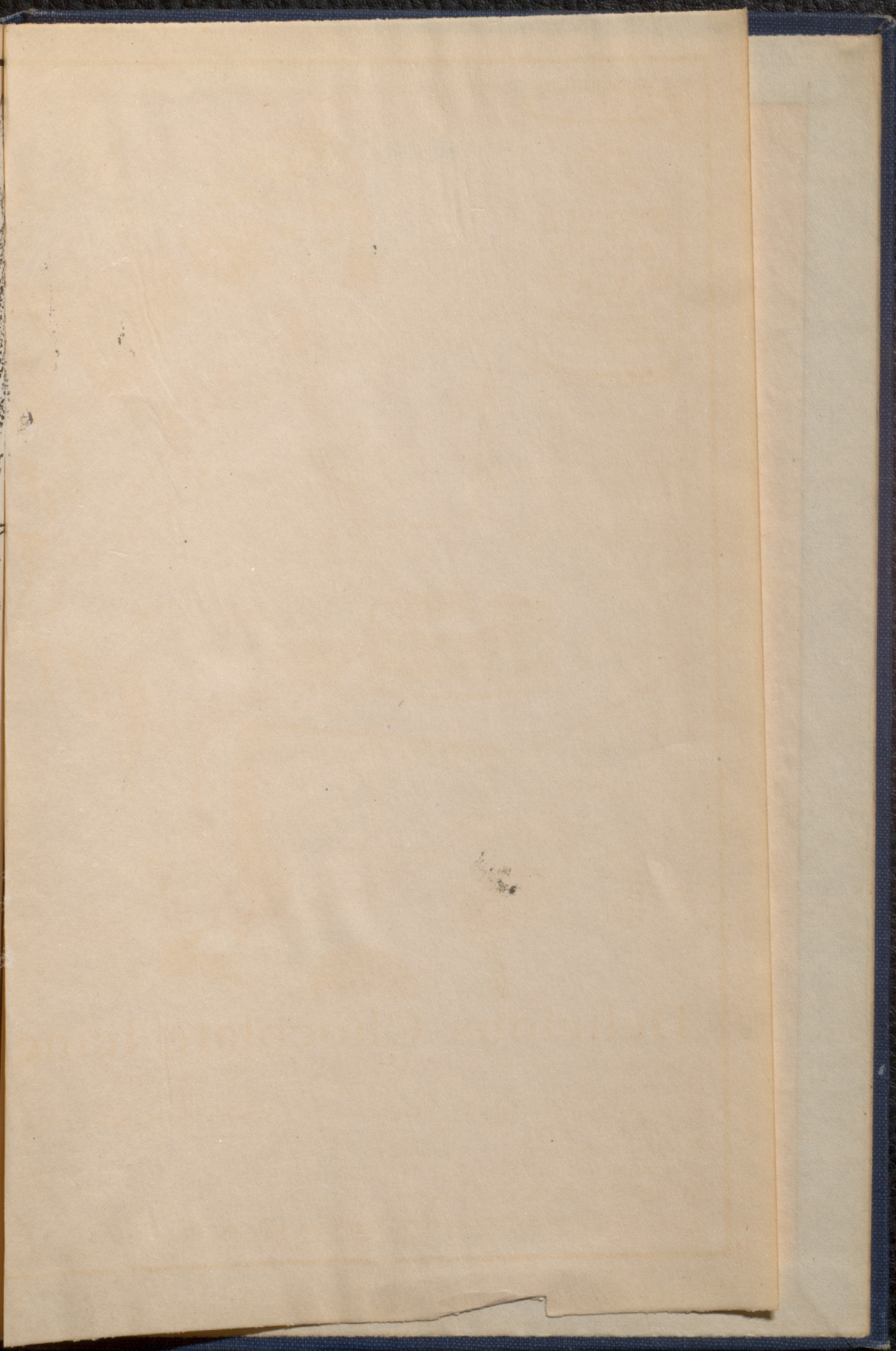
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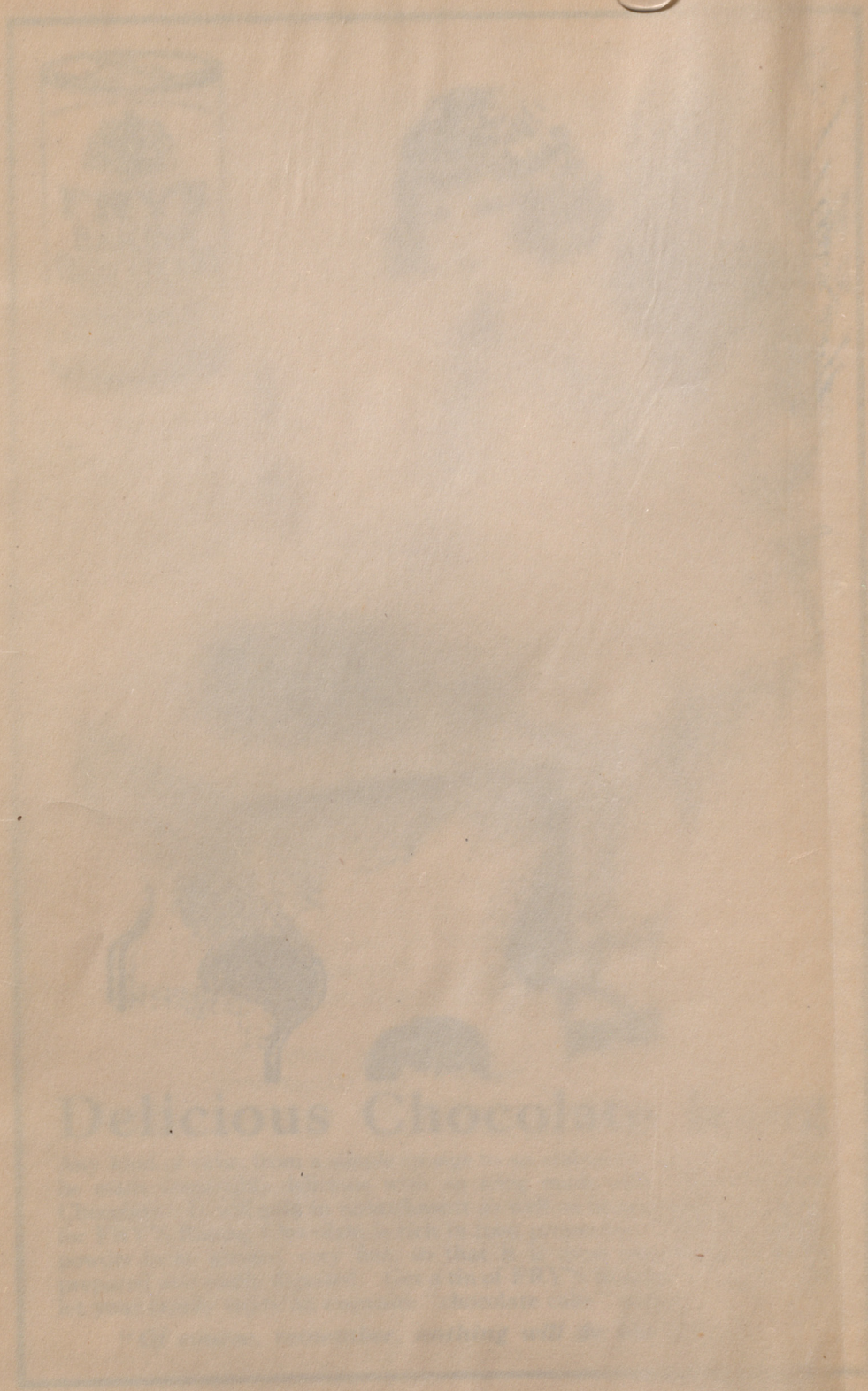


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